

Tune in: experience, discover, join in and connect

MENTAL HEALTH MONTH
OCTOBER

Connection Calendar for young people

Tune In and connect to your friends, your family, your community and your mental health and wellbeing.

Discover what's on these school holidays
@Share our Space

Click through the calendar or use the link below to explore and connect

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|---|--|
| 26 See if your school is open through the Share our Space program | 27 Come up with a motto for your family | 28 Start your day with 5 mindful moments | 29 Before dinner, talk about the best thing that happened today. What made it so good? | 30 Use a tracking app to commit to exercising every day during October | 1 Make a fun music video | 2 Pick a local spot on the map and lead your family there |
| 3 Unplug – have a device-free day | 4 Phone a friend for a chat – rather than message them | 5 Loan a friend something you know they would value | 6 Kick a ball, drop a basket, go to the skate park with friends | 7 Try box breathing, it's as easy as 1, 2, 3, 4 | 8 Surprise your family with a new tasty, healthy meal | 9 Get ready for the start of Term 4 – pack bags, sort clothes, and have an early night |
| 10 World Mental Health Day – Tune In to you and your mental health | 11 Discover new and different ways to relax | 12 Message a friend doing their HSC and wish them good luck | 13 Lay quietly and listen for calming sounds. What do you hear? | 14 Think about someone you admire, what values do you share with them? | 15 Arrange to meet up with a friend | 16 Do a 'Just Dance' challenge from Youtube |
| 17 Discover a new app for you or a friend | 18 Help out with a chore that you usually don't do | 19 Sketch or photograph your favourite spot | 20 Take up an old skill or hobby or try a new one | 21 Create a lucky dip of favourite movie titles – for a family movie night with the lucky draw | 22 Complete a journal entry each day for a week | 23 Offer to help cook dinner |
| 24 Drink more water, it's great for your body and brain | 25 Watch Old People's Home for teenagers series on iview | 26 Before you go to sleep – try a calming countdown | 27 Master a new skill – like juggling | 28 Recognise World Teachers' Day | 29 Stay active | 30 Grandparents' Day – if you can, call your grandparents and have a chat |

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[Reachout if you need to – don't keep any worries to yourself](#)
au.reachout.com

education.nsw.gov.au/student-wellbeing/mental-health-month