

# Children's Mental Health ACTION Week 2025

Theme: *That's a WRAP!* (Wellness, Resilience, Action, Purpose)

May 4-10, 2025

NFF NATIONAL FEDERATION OF FAMILIES  
Bringing Lived Experience to Family Support

www.ffcmh.org/cmhawcampaign

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <b>Think about how mental illness</b> has impacted your life.	2 Talk as a family about <b>BIG emotions</b> . What are they? How do you cope?	3 Discuss <b>ways to support others</b> when they're struggling - what to do and say.
4 <b>FAMILY DINNER:</b> Use these <b>conversation starting tips</b> .	5 Wear green today and tell someone " <b>Why green?</b> "	6 Help your child <b>list their strengths and weaknesses</b> .	7 Download a <b>mental health or mindfulness app</b> .	8 <b>Model kindness</b> in your interactions with others today.	9 <b>Take a walk</b> . Notice what you see, hear and smell.	10 Share <b>self-care ideas</b> and do one together this weekend.
11 <b>FAMILY DINNER:</b> Use these <b>conversation starting tips</b> .	12 Talk as a family about the beauty of diversity <b>Here are some tips</b> .	13 Talk about <b>what you are grateful for</b> in your life.	14 <b>Show kindness to someone</b> who might need a friend.	15 Allow your child to hear you compliment them.	16 <b>Help your child reframe a mistake</b> - learn from and improve next time.	17 <b>Say "I'm sorry."</b> or "I forgive you."
18 <b>FAMILY DINNER:</b> Use these <b>conversation starting tips</b> .	19 Encourage your child to <b>try something new</b> this week.	20 <b>Value your child's input</b> . Show that they can trust their own instincts.	21 Ask your child <b>what they are most proud of</b> .	22 Help your child set and <b>plan to reach a personal goal</b> .	23 <b>Model positive thinking</b> . Share the top 3 things that happened this week.	24 <b>Express how you feel</b> artistically - draw, paint, write!
25 <b>FAMILY DINNER:</b> Use these <b>conversation starting tips</b> .	26 Remind your child <b>it's ok to talk about feelings</b> and to ask for help.	27 Play a <b>feelings game</b> with your family.	28 <b>Talk about how mental illness</b> has affected your family.	29 Watch our <b>Mental Health Acceptance</b> video.	30 Say "I love you." and "Thank you."	31 Follow NFF on <b>social media</b> to stay up to date on mental health.