

Tune in: experience, discover, join in and connect

MENTAL HEALTH MONTH
OCTOBER

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

Connection Calendar for families

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

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 Share our Space	27 Create a family logo	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 Sign up for Black Dog one foot forward walking challenge	1 Kick off the month by creating your ultimate 'feel good' playlist	2 Explore your neighbourhood. Let your kids decide where to turn and see where you end up
3 Tech-free day. Enjoy reading, walking, cooking or playing family boardgames together	4 Give your plants some TLC	5 Donate 5 items each to charity – and think how the new owner might use them	6 Create an obstacle course with household items – and beat your best time	7 Spend 5 minutes on your own and focus on your breathing	8 Enjoy a family 'cook in' where everyone helps to cook – and clean up, and if you can, give to a good cause	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 Grab a coffee/tea or sparkling water and read a book outdoors	12 Wish a student doing their HSC good luck	13 Lay quietly and listen to the sounds of your home. What do you hear?	14 Consider volunteering in your local area, as a family	15 Phone a friend for a chat and a laugh	16 Do a 'Just Dance' challenge from Youtube with your family
17 Discover new apps	18 Do something kind for yourself	19 Ever tried origami? Today might be the day.	20 Take up an old skill or hobby or try a new one	21 Movie night. A classic you love or a new release. Don't forget the popcorn and PJs	22 Try eating something new – and fresh	23 Spring clean a spot where you like to spend time
24 Stay hydrated today. Drink your recommended water intake.	25 Watch Old People's Home for teenagers series on iView	26 Before you go to sleep – try a calming countdown	27 Share your feelings with someone you trust, and listen to them as well	28 Recognise World Teachers' Day	29 Stay active	30 Grandparents' Day, and share a family memory or photo

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[Write down any worries you have, and put them into perspective. And contact help if you need it](#)

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