

May 3-9, 2026

Children's Mental Health ACTION Week 2026

Theme: *Behind the Screen - Education, Prevention, Connection*



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