

Children's Mental Health ACTION Week 2026

Theme: Behind the Screen - Education, Prevention, Connection

May 3-9, 2026

NFF NATIONAL FEDERATION OF FAMILIES
Bringing Lived Experience to Family Support

www.ffcmh.org/cmhawcampaign

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As you prepare for Mental Health Month and Children's Mental Health Action Week, **Think about how mental illness** has impacted your life. What are your goals for yourself and for your family this May?

1

Talk as a family about **BIG emotions**. What are they? How do you cope?

2

Discuss **ways to support others** when they're struggling - what to do and say.

3

FAMILY DINNER: Use these **conversation starting tips**.

4

Wear green today and tell someone **"Why green?"**

5

Help your child **list their strengths and weaknesses**.

6

Download a **mental health or mindfulness app**.

7

Model kindness in your interactions with others today.

8

Take a walk. Notice what you see, hear and smell.

9

Share **self-care ideas** and do one together this weekend.

10

FAMILY DINNER: Use these **conversation starting tips**.

11

Talk as a family about the beauty of diversity **Here are some tips**.

12

Talk about **what you are grateful for** in your life.

13

Show kindness to someone who might need a friend.

14

Allow your child to hear you compliment them.

15

Help your child reframe a mistake - learn from and improve next time.

16

Say "I'm sorry." or "I forgive you."

17

FAMILY DINNER: Use these **conversation starting tips**.

18

Encourage your child to **try something new** this week.

19

Value your child's input. Show that they can trust their own instincts.

20

Ask your child **what they are most proud of**.

21

Help your child set and **plan to reach a personal goal**.

22

Model positive thinking. Share the top 3 things that happened this week.

23

Express how you feel artistically - draw, paint, write!

24/31

FAMILY DINNER: Use these **conversation starting tips**.

25

Remind your child **it's ok to talk about feelings** and to ask for help.

26

Play a **feelings game** with your family.

27

Talk about how mental illness has affected your family.

28

Watch our **Mental Health Acceptance** video.

29

Say "I love you." and "Thank you."

30

Follow NFF on **social media** to stay up to date on mental health.