

Masks4Canada's FIRST WEEK OF THE ...

30 DAY FAMILY MENTAL HEALTH CHALLENGE

Because of the lockdown, it is important for family members to keep each other company to maintain the mental wellbeing of everyone in the household. Try these activities to start out the first week of our Mental Health Challenge!

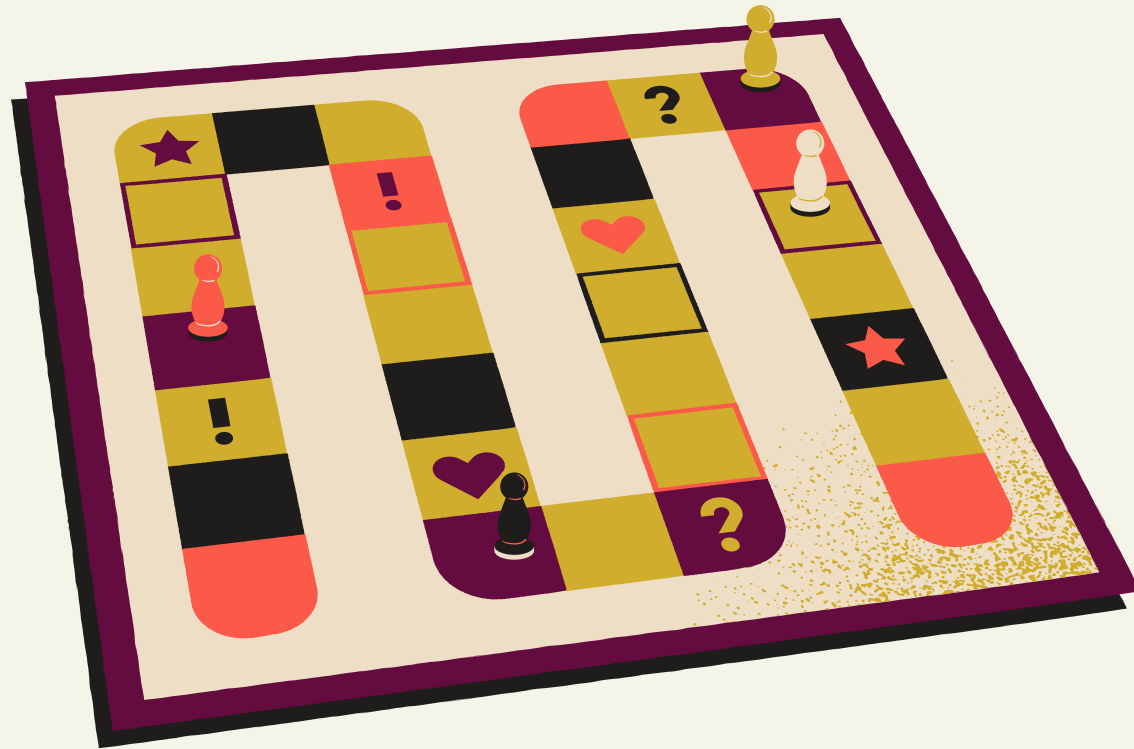
DAY 1



BAKING

Bake a dessert like cake or brownies with your family using ingredients at home.

DAY 2



GAME NIGHT

Find board games and card games to play with your family!

DAY 3



ZOOM MEETING WITH FRIENDS

Hop on a video call and have a virtual party with your friends!

DAY 4



KARAOKE NIGHT

Sing your heart out at a karaoke night with your family; find song instrumentals to sing to on YouTube.

DAY 5



STAR GAZING

Learn about the different constellations in the night sky by downloading the apps Skyview or Skylight, and see them in real time!

DAY 6



FITNESS

Discover Yoga or Fitness apps to
try out together! (eg. Nike
Training Club)

DAY 7



PHOTO COLLAGE

Create an online photo collage/montage/album of family pictures

eg. Get baby pictures of each family member

Made in association with: Masks4Canada

Contributions by over 20 GTA Child and Adolescents, Psychiatrists, and
Masks for Canada Education Group

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