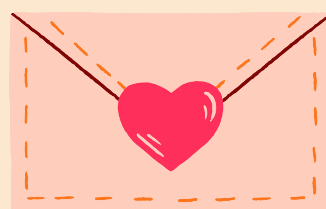


FAMILY MENTAL HEALTH CHALLENGE!

MASKS4CANADA

1) Write love and/or thank you letters and deliver and send to those who you can't see in person.



2) Create an online photo collage/montage/album of family pictures and then share.

3) Make splatter painting as a family.



4) Set up a disco ball and play disco music for the evening.



5) Collect some rocks and paint them. Paint inspirational messages and then leave them on trails where people might be hiking.

6) Make home-made personal pizza with home-made dough and toppings.



7) Make a country theme night with food and drinks, music and crafts.

8) Board games night and cards and online chess



9) Have a dress up night based on a theme.



10) Family Karaoke night.



11) Pick a really healthy recipe and figure out where to get the ingredients. Prepare the meal together.



12) Do a pretend beach day in the bathroom/bathtub.

13) Start a family gratitude journal, write down something you're grateful for.



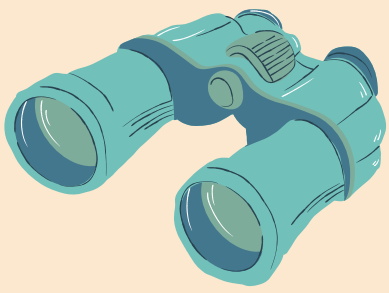
The COVID-19 pandemic has created a sense of loneliness and anxiety for many families. These activities are creative suggestions designed to help restore family mental health and wellbeing. We recommend families try out 1-2 activities each week over the next 30 days!

- Dr. Karen Wang

FAMILY MENTAL HEALTH CHALLENGE!

MASKS4CANADA

14) Bird watching



15) Outdoor scavenger hunt



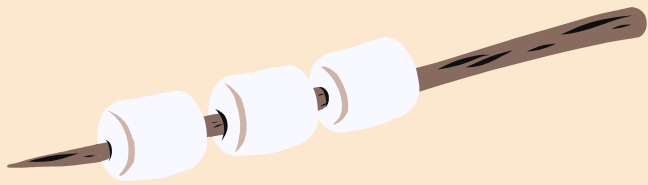
16) Have a pretend picnic at home.



17) Face painting characters from a favourite fairy tale.

18) Secret Act of Kindness day

19) Family meditation exercise (deep breathing, yoga poses, PMR)



20) Making s'mores over a BBQ grill or fire pit outdoors.



21) Discover new yoga or fitness apps and try them out together.

22) Create a virtual travel trip for 2022 by creating a bucket list of travel ideas or plan a virtual museum trip.

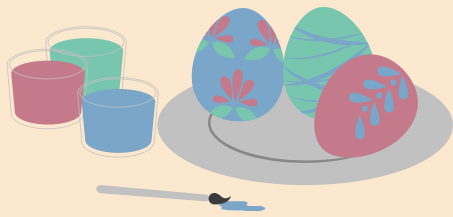


23) Complete a family jigsaw puzzle together and Lego challenges



24) Parent date night where kids are the servers. Set up dining area as if it were a restaurant.

25) Crafts day/night



26) Set up a zoom call with loved ones.



27) Star gazing night (learn about the different constellations in the night sky) and make up your own myths about the stars



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