**June 2020**

**Calendar to use your 4 C’s of Create, Cope, Connect & Compassion**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6  Go for a walk & try a mindfulness app or listen to calm chill music | 7  Go through your photo album & organise into albums, and print your favourite memories for around your home | 8  Research a new recipe and cook for your family.  Create a menu & ask your family to dress up for the event! | 9  Share a funny video with 3 friends/ family members and ask them to pay it forward | 10  Decorate a window in your house with  kind & inspirational messages for passers-by to see | 11  Make your friends a playlist of your favourite songs & ask them to return the gesture | 12  Write a letter to yourself that includes your hopes & goals. Seal & hide the letter to re-open in a years’ time |
| 13  Watch YouTube videos & practice the ‘5 Senses’/ ‘Grounding Strategy’ | 14  Clean up your social media followers list & find 3 new inspiring people/ pages to follow | 15  Video-call a person in your family who may be lonely & ask them about their interests | 16  Camp in your backyard & say 3 things you are thankful for while looking up at the universe | 17  Learn a new hobby such as slow-motion videos, cake decorating, coding, or how to train your pet! | 18  Use google maps to explore a country you have always been fascinated about | 19  Write a letter to a neighbour & let them know they can contact your family if they run out of anything or need help |
| 20  Share a good news story you find online & ask 3 friends to share in their networks | 21  Watch an online tutorial on how to spot fake news and share a summary with friends & family | 22  Check out the online  Brave Anxiety program for teens or Kids Helpline Circles Peer-to-Peer Support Group | 23  Create a coping box that includes feel good items such as photos, quotes, candles and snacks for when you feel overwhelmed | 24  Write a list of all the things you have control over at the moment and add to it each day *(e.g., my personal hygiene, how much news I watch)* | 25  Try different YouTube yoga videos & find one you could practice each day | 26  Interview and record the life story of someone in your family (e.g. grandparent) or ask them to help you draw a family tree |
| 27  Check your screen time use and make a plan of one new activity you will try this week to replace some of your screen time | 28  Ask your friends or family to find a DIY activity and create with you | 29  Watch the favourite childhood movies of you and your friends/ family together or online | 30  Ask your grandparents/ family about a hobby they used to have as kids & get them to teach you | 1  Use an I message to tell 3 people how you are travelling and what you need  *(e.g. I feel stressed & need to vent)* | 2  Follow & share mental health & wellbeing social media pages in your networks | 3  Ask 3 people how they are travelling and ask whether there is anything you can do to help |

**Kids Helpline | 1800 55 1800 | kidshelpline.com.au**

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**Write your own 4 C’s Coping Calendar!**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

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