**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 withkind & 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 onlineBrave 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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