

FEARLESS JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>Pick a few of your favorite activities this month and aim to do this regularly. 1</p>	<p>Read a new book or google something that has been on your mind.. 2</p>	<p>Draw a circle and name the three best thing that happened to you today. 3</p>	<p>Watch a family favorite movie together. 4</p>
<p>Pick out a meal you've never had before and make it! 5</p>	<p>Make and drink hot chocolate with the family. 6</p>	<p>Go to the playground and swing on the swing - take friends or go alone! 7</p>	<p>Go on a walk together with your pet and take some photos. 8</p>	<p>Make an indoor cubby house out of cushions and blanket. 9</p>	<p>Find a kid-friendly yoga you can follow along with the whole family. 10</p>	<p>Build something together with lego, cardboard, or any other material you can think of. 11</p>
<p>Go to a museum or to zoo and see in-person or virtual exhibits. 12</p>	<p>Do some colouring before you go to bed. 13</p>	<p>Make the most of the windy day and go fly a kite! 14</p>	<p>Get your whole family to make a mental health promise! 15</p>	<p>Teach your child, grandchild or niece or nephew a skill and have them teach you a new skill in return. 16</p>	<p>Watch youtube videos of cute animals. 17</p>	<p>Challenge your family to go a day without any screentime. 18</p>
<p>Make up a story with a family member or your best friend using the last letter of the previous word. 19</p>	<p>Go bird watching or frog spotting by using science apps like BirdCount or FrogID 20</p>	<p>Leave a positive review to a local restaurant you just visit. 21</p>	<p>Send a message of appreciation to someone who has made a positive impact in your life. 22</p>	<p>Make a video call to someone you all know together. 23</p>	<p>Call a special someone. 24</p>	<p>Make time to hear share what you love doing with family or friends. Let them share there's with you. 25</p>
<p>Bring out your inner child and blow bubbles. 26</p>	<p>Explore drawing or painting. 27</p>	<p>Play your favorite board game or teach your kids play a new game. 28</p>	<p>Go on a family walk. Choose a new place to visit or different route to take. 29</p>	<p>Listen to each family member's favorite song. 30</p>		