

## Family Wellbeing Calendar December 2021

*Wellbeing can be defined as: feeling good, functioning well, doing good for others (Hupert & So, 2013) and in the Catholic context, connecting to God.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>"Perfect families do not exist. This must not discourage us. Love is something we learn; love is something we live; love grows as it is 'forged' by the concrete situations which each family experiences."</i> Prayer Vigil for the Festival of families, Pope Francis, (2015).</p>			<p><b>1 Active listening.</b> At the dinner table tonight, have each family member share what went well today!</p>	<p><b>2 Strengths.</b> Commit with your family to carry out an act of kindness today.</p>	<p><b>3 Belonging and supportiveness.</b> Have a family movie night or plan one for the future.</p>	<p><b>4 Collaboration.</b> Games night or afternoon! Play some favourite board games.</p>
<p><b>5 Strengths.</b> Share with your family; who is someone you admire and why? Then, discuss the strengths of this person with your family.</p>	<p><b>6 Attention.</b> Switch off! Take some time today to spend device free.</p>	<p><b>7 Emotional literacy and regulation.</b> Light a candle and reflect on gratitude today. Share what are you grateful for and why?</p>	<p><b>8 Belonging and supportiveness.</b> Show your love for your family members in a new way through acts of service, gifts, or quality time. ❤️</p>	<p><b>9 Attention.</b> Take the time to savour a meal or snack together today!</p>	<p><b>10 Routines and habits.</b> Find some fun in your everyday routine. Share something that works well in your family routine.</p>	<p><b>11 Emotional literacy and regulation.</b> Take a walk or do something active as a family.</p>
<p><b>12 Safety.</b> Get to know each other better today. Share something that your family may not know about you.</p>	<p><b>13 Strengths.</b> Spot the strengths in the characters of your favourite TV shows together.</p>	<p><b>14 Purpose.</b> Explore your interests as a family. What do you love to talk about? What do you love to do?</p>	<p><b>15 Strengths.</b> Take some time to appreciate the beauty in nature.</p>	<p><b>16 Emotional literacy and regulation.</b> Everyone find or create a joke and share it today.</p>	<p><b>17 Strengths.</b> Be curious! Learn something new today as a family.</p>	<p><b>18 Coping.</b> Make a family playlist of uplifting songs.</p>
<p><b>19 Collaboration.</b> Share the joy of giving together. Make something to share or give away.</p>	<p><b>20 Emotional literacy and regulation.</b> Smile at everyone you see today!</p>	<p><b>21 Attention.</b> Take a moment to reflect and give thanks through prayer.</p>	<p><b>22 Coping.</b> JOMO, embrace the joy of missing out together! Find the fun in chilling out and doing nothing.</p>	<p><b>23 Strengths.</b> What are your families' strengths? What do you do well? Talk about it!</p>	<p><b>24 Xmas Eve Belonging and supportiveness.</b> Send a joyful message to someone who you can't be with.</p>	<p><b>25 Xmas Day 🎁🎁 Attention.</b> <i>Be present amongst the presents.</i> Take a moment today to be in the moment. Savour it and be grateful.</p>
<p><b>26 Emotional literacy &amp; regulation.</b> Watch something funny together!</p>	<p><b>27 Strengths.</b> Be kind and share some positivity today. Find ways to boost each other's wellbeing!</p>	<p><b>28 Purpose.</b> Give away something that you no longer need or make a donation to a charity.</p>	<p><b>29 Relationships.</b> Learn more about your family history together.</p>	<p><b>30 Purpose.</b> Find the benefit in a challenging situation. Share how you have learnt or grown from a challenge.</p>	<p><b>31 New Year's Eve Belonging and supportiveness.</b> Share your three favourite family memories from 2021.</p>	<p><b>January 1 New Year's Day Emotional literacy and regulation.</b> Cultivate joy today. Do something together that brings joy!</p>