

Giving Tuesday Family Fundraiser



For #GivingTuesday the Beehive Alliance created this family FUNdraising challenge. Set a dollar amount for each mental health challenge, and work together to complete these tasks to raise funds for children's mental health while boosting your family's mental health! Donate earnings before or on Giving Tuesday 11/28! www.thebeehivealliance.com/donate

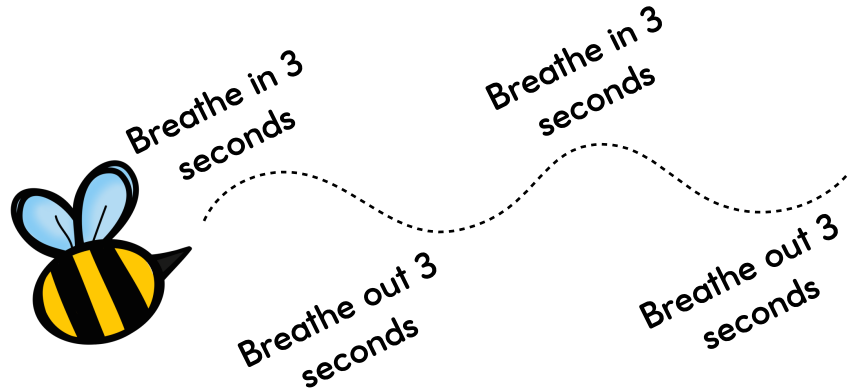
Our Family Fundraising Goal \$ _____

<p>Go for a family mental health walk. Notice 3 beautiful things.</p> <p>\$ _____</p>	<p>Caregiver Task: Check out the amazing resources at OOS https://www.onoursleeves.org/mental-wellness-tools-guides</p> <p>\$ _____</p>	<p>At the dinner table, take turns saying 1 thing you're grateful for from the day.</p> <p>\$ _____</p>	<p>Have a dance party to your favorite song!</p> <p>\$ _____</p>	<p>Play a game or read a book as a family.</p> <p>\$ _____</p>
<p>Write a letter or email to a loved one.</p> <p>\$ _____</p>	<p>Practice 3 breathing strategies. (Attached)</p> <p>\$ _____</p>	<p>Set a goal and use the goal setting worksheet to make a plan to reach it.</p> <p>\$ _____</p>	<p>Create a calm down space. Fill it with quiet activities and comfort items anyone in the family can use if they need to regulate their emotions.</p> <p>\$ _____</p>	<p>Donate unused toys or clothes.</p> <p>\$ _____</p>
<p>Have a special family dinner. No phones allowed!</p> <p>\$ _____</p>	<p>Complete a GoNoodle Mindfulness activity https://www.gonoodle.com/videos/IYVOAX/from-mindless-to-mindful</p> <p>\$ _____</p>	<p>Make list of 5 people who love you.</p> <p>\$ _____</p>	<p>Work on a family project together. It could be cooking, organizing, or even decorating together.</p> <p>\$ _____</p>	<p>Help someone! Rake leaves for a neighbor, help with chores, help a friend at school.</p> <p>\$ _____</p>
<p>Write messages or draw pictures of kindness and hope with chalk on the sidewalk.</p> <p>\$ _____</p>	<p>Give 3 compliments or smiles today.</p> <p>\$ _____</p>	<p>Watch the sunset with a friend or family member.</p> <p>\$ _____</p>	<p>Talk about your favorite family memory from this year.</p> <p>\$ _____</p>	<p>Spend one hour screen free. Color, journal, meditate, craft, or read.</p> <p>\$ _____</p>

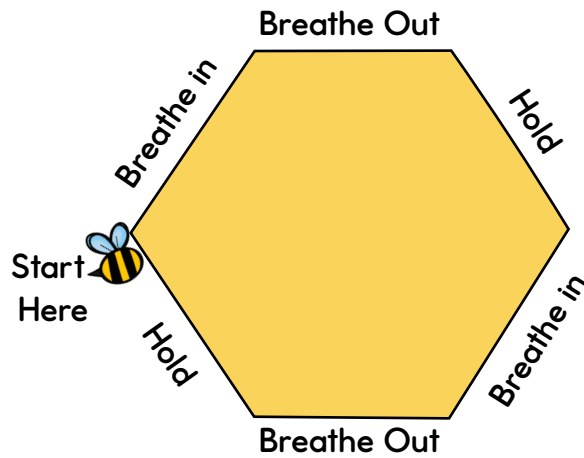
Breathe With Me

Trace your finger on the lines as you breathe.

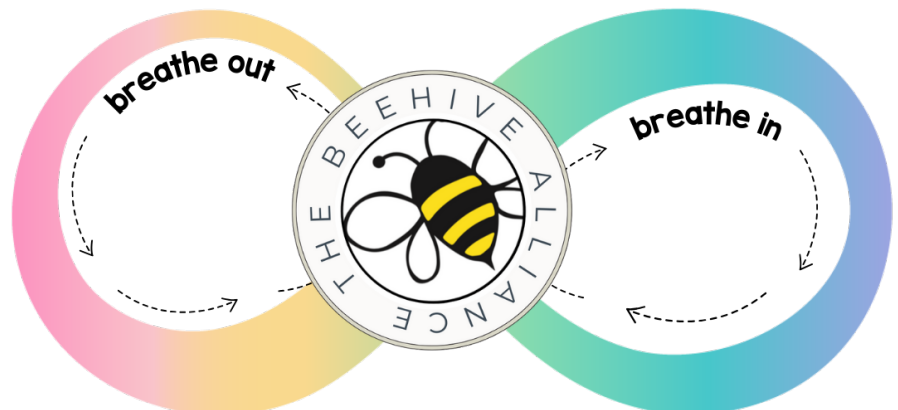
Bee Breath



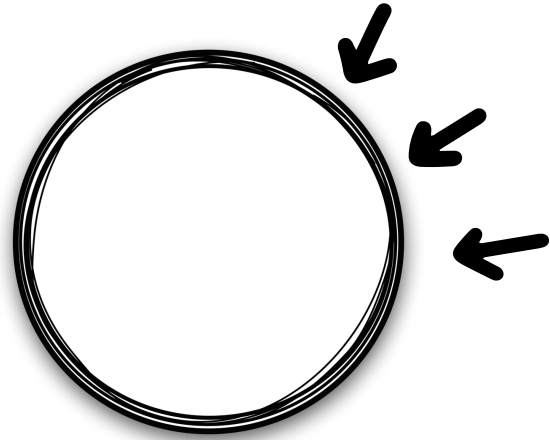
Honeycomb Breath



Infinity Breath



A Goal I hope to achieve is



3 STEPS



I'll take to reach my goal:

1.
2.
3.

My **family** can help me achieve my goals by:

I will know I have

accomplished my **goal** when

