

## Things we are grateful for this week

Mon: \_\_\_\_\_  
 Tues: \_\_\_\_\_  
 Weds: \_\_\_\_\_  
 Thurs: \_\_\_\_\_  
 Fri: \_\_\_\_\_  
 Sat: \_\_\_\_\_  
 Sun: \_\_\_\_\_



**Mental Health  
Ireland**

# IN THIS TOGETHER!

## OUR FAMILY WELLBEING PLAN

Name \_\_\_\_\_ Self-Care Ideas \_\_\_\_\_




Who we will connect  
with this week



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Family Activity Ideas



## Household Chores

What	Who	Done
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>



## Things we can do to help others

Name	Ideas

Quote of the Week:

## Meal Plan

## Shopping List

M \_\_\_\_\_  
 T \_\_\_\_\_  
 W \_\_\_\_\_  
 T \_\_\_\_\_  
 F \_\_\_\_\_  
 S \_\_\_\_\_  
 S \_\_\_\_\_