

S M T W T F S



TeenHelp

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*“Be who you are
and say what
you feel,
because those
who mind don't
matter and
those who
matter don't
mind.”*

DR. SEUSS

JULY 2020



			1 PLASTIC FREE JULY	2 WRITE ABOUT YOUR FEELINGS IN A JOURNAL OR BLOG	3 COMPLIMENT YOUR MIRROR DAY	4 SUPPORT A CAUSE YOU ARE PASSIONATE ABOUT
5 PURCHASE A NEW CLOTHING ITEM OR ACCESSORY TO EXPRESS YOURSELF	6 CHOOSE A SONG THAT RELATES TO YOUR FEELINGS	7 WORLD CHOCOLATE DAY	8 TAKE A PHOTO OF SOMETHING THAT INSPIRES YOU	9 MAKE SOMETHING TO ENCOURAGE YOURSELF	10 EXPRESS YOUR FEELINGS THROUGH DRAWINGS OR ANOTHER OUTLET	11 WORLD POPULATION DAY
12 NEWSLETTER RELEASE	13 TEENHELP'S BIRTHDAY	14 CREATE A QUIZ ON A TOPIC YOU'RE PASSIONATE ABOUT	15 NATIONAL GIVE SOMETHING AWAY DAY	16 PAY ATTENTION TO HOW YOU'RE FEELING IN RELATION TO YOUR BODY LANGUAGE	17 WORLD EMOJI DAY	18 USE BODY LANGUAGE TO GREET SOMEONE
19 NATIONAL ICE CREAM DAY	20 THINK ABOUT AN ALTERNATIVE POSITIVE ENDING TO AN UPSETTING EVENT	21 NATIONAL BE SOMEONE DAY	22 THINK OR WRITE ABOUT YOUR DAY. HOW DID IT MAKE YOU FEEL?	23 ASSIGN A COLOUR TO YOUR FEELINGS	24 24/7 SAMARITANS AWARENESS DAY	25 INVENT A GAME TO PLAY ONLINE WITH FRIENDS
26 NEWSLETTER RELEASE	27 NATIONAL LOVE IS KIND DAY	28 WORLD HEPATITIS DAY	29 TELL SOMEONE ABOUT SOMETHING YOU'RE PASSIONATE ABOUT	30 WORLD FRIENDSHIP DAY	31 TAKE A VIDEO OF SOMETHING THAT CATCHES YOUR EYE	