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TeenHelp

WWW.TEENHELP.ORG

“If you make friends with yourself, you'll never be alone.”

MAXWELL MALTZ

FEBRUARY 2021



1
BLACK HISTORY MONTH
FRIENDSHIP MONTH

2
ACKNOWLEDGE ONE SMALL POSITIVE

3
IMMERSE YOURSELF IN A BOOK

4
WORLD CANCER DAY

5
FIND LIKE-MINDED PEOPLE ONLINE

6
PAY A COMPLIMENT DAY

7
SEND A CARD TO A FRIEND DAY

8
TEENHELP'S SELF-LOVE WEEK

9
NATIONAL PIZZA DAY

10
JOIN AN ONLINE SUPPORT OR A HOBBY GROUP

11
NATIONAL MAKE A FRIEND DAY

12
HOST A VIRTUAL DINNER PARTY

13
GALENTINE'S DAY

14
VALENTINE'S DAY

15
RANDOM ACTS OF KINDNESS WEEK

16
PANCAKE DAY

17
PHONE A FRIEND OR FAMILY MEMBER

18
BE KIND TO YOURSELF

19
RECONNECT WITH SOMEONE YOU HAVEN'T SPOKEN TO FOR A WHILE

20
LOVE YOUR PET DAY

21
THINK ABOUT YOUR PURPOSE IN LIFE

22
CREATE A PHOTO ALBUM OF HAPPY TIMES

23
REACH OUT FOR SUPPORT

24
TRY A YOGA POSE

25
TALK TO YOURSELF OUT LOUD

26
WATCH A MOVIE OR TV SHOW WITH AN UPLIFTING STORY

27
TRY VIRTUAL VOLUNTEERING

28
GET TO KNOW A NEIGHBOUR