

S M T W T F S



# TeenHelp

WWW.TEENHELP.ORG

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“Being playful naturally liberates the mind, opens the heart, and lifts the spirit. Take time to play today.”

DEBRA REBLE



|  |                                       |  |  |                                    |  |  |
|--|---------------------------------------|--|--|------------------------------------|--|--|
|  |                                       |  | ICE CREAM MONTH / UV SAFETY AWARENESS MONTH            | 1<br>JOKE DAY                      | 2<br>WATCH FUNNY VIDEOS ONLINE                             | 3<br>EXPLORE A PLACE YOU'VE NEVER BEEN TO BEFORE |
| 4<br>SPEND TIME WITH A FRIEND OR FAMILY MEMBER | 5<br>GIVE SOMEONE A HUG               | 6<br>SEARCH FOR A NEW PIECE OF KNOWLEDGE | 7<br>WORLD CHOCOLATE DAY / GLOBAL FORGIVENESS DAY      | 8<br>PAMPER YOURSELF               | 9<br>EAT OUT AT A RESTAURANT OR DINER                      | 10<br>PLAY FRISBEE WITH A FRIEND                 |
| 11<br>CHEER UP THE LONELY DAY                  | 12<br>TREAT YOURSELF TO SOMETHING NEW | 13<br>TEENHELP'S 23RD BIRTHDAY           | 14<br>MAC AND CHEESE DAY                               | 15<br>GIVE SOMETHING AWAY DAY      | 16<br>ENJOY WATCHING THE STARS WITH A MUG OF HOT CHOCOLATE | 17<br>WORLD EMOJI DAY                            |
| 18<br>ICE CREAM DAY                            | 19<br>WATCH THE SUNRISE/SUNSET        | 20<br>WORLD CHESS DAY                    | 21<br>ASK SOMEONE SOMETHING ABOUT THEMSELVES           | 22<br>BUY A NEW PERFUME OR COLOGNE | 23<br>SING A SILLY SONG                                    | 24<br>COUSINS DAY                                |
| 25<br>GO FOR A DAY OUT                         | 26<br>GIFT SOMEONE SOMETHING NEW      | 27<br>LOVE IS KIND DAY                   | 28<br>LISTEN TO A PODCAST ABOUT A TOPIC YOU DON'T KNOW | 29<br>LASAGNA DAY                  | 30<br>INTERNATIONAL DAY OF FRIENDSHIP                      | 31<br>PLAY A NEW GAME                            |