

S M T W T F S



TeenHelp

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JUNE 2021

“You have dealt with so much, and done the best that you can. So, take a moment now to appreciate how strong you are.”

KAREN SALMANSOHN



	PRIDE MONTH	1 SAY SOMETHING NICE DAY	2 GLOBAL RUNNING DAY	3 WORLD BICYCLE DAY	4 HUG YOUR CAT DAY	5 GO TO THE PARK
6 GARDENING EXERCISE DAY	7 LISTEN TO A MOTIVATIONAL SPEECH	8 BEST FRIENDS DAY	9 PRACTICE MINDFULNESS	10 WATCH SOMETHING NEW	11 DO HOPSCOTCH OR SKIPPING	12 LOVING DAY
13 TRY YOUR HAND AT DRAWING/ PAINTING	14 INTERNATIONAL BATH DAY	15 SMILE POWER DAY	16 TALK TO A FRIEND/FAMILY MEMBER	17 TRY CALMING/ SENSORY ACTIVITIES	18 LISTEN TO SOME UPBEAT MUSIC	19 GO FOR A SCENIC WALK
20 TRY OUT A NEW RECIPE	21 INTERNATIONAL YOGA DAY / WORLD MUSIC DAY	22 TRY OUT A NEW LOTION OR BODY CREAM	23 LET IT GO DAY	24 DO SOME CHORES	25 JOIN TEENHELP/ USE HELPLINK/ DISCORD	26 CHOCOLATE PUDDING DAY
27 PTSD AWARENESS DAY	28 LISTEN TO PODCASTS	29 PRAY OR MEDITATE	30 WATCH INSPIRING MOVIES/TV/ VIDEOS			