

S M T W T F S



TeenHelp

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"Being happy isn't having everything in your life be perfect. Maybe it's about stringing together all the little things."

AUTHOR

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	1 WORLD COMPLIMENT DAY OPTIMISM MONTH	2 WORLD TEEN MENTAL WELLNESS DAY	3 I WANT YOU TO BE HAPPY DAY	4 DO SOMETHING YOU'RE GOOD AT	5 NATIONAL DAY OF UNPLUGGING	6 NATIONAL OREO COOKIE DAY
7 GO FOR A NATURE WALK OUTSIDE	8 CHOOSE SOMETHING TO LOOK FORWARD TO	9 BE KIND TO SOMEONE ELSE	10 NATIONAL MARIO DAY	11 LISTEN TO YOUR FAVOURITE SONGS	12 NATIONAL PLANT A FLOWER DAY	13 DONATE SOMETHING
14 RE-EVALUATE YOUR GOALS	15 SMILE!	16 LEARN TO RESPOND INSTEAD OF REACT	17 TAKE A BUBBLE BATH	18 COMPLETE A COLOURING PAGE	19 WORLD SLEEP DAY	20 INTERNATIONAL DAY OF HAPPINESS
21 WORLD POETRY DAY	22 REFRAME SITUATIONS IN A MORE POSITIVE WAY	23 NATIONAL PUPPY DAY	24 HELP SOMEONE	25 SCHEDULE TIME FOR YOURSELF	26 PLAY A BOARD GAME	27 GO OUTSIDE AND GARDEN
28 CLEAN AND ORGANISE YOUR ROOM	29 WORLD PIANO DAY	30 NATIONAL I AM IN CONTROL DAY	31 STOP COMPARING YOURSELF			