

S M T W T F S



# TeenHelp

**MAY 2021**

*"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."*

AUDREY HEPBURN



2 GIVE YOUR TIME TO HELP SOMEONE	3 GARDEN MEDITATION DAY	4 DEAF AWARENESS WEEK	5 BIKE TO SCHOOL DAY	6 TRY NEW EXERCISES OR EXERCISE ROUTINES	7 PAY FOR SOMEONE'S FOOD/SHOPPING	8 EXPLORE A NEW PLACE OR SOMEWHERE YOU NORMALLY WOULDN'T GO
9 PICK UP A NEW HOBBY	10 NATIONAL CLEAN UP YOUR ROOM DAY	11 EAT WHAT YOU WANT DAY	12 INTERNATIONAL NURSES DAY / FIBROMYALGIA AWARENESS DAY	13 SHAKE UP YOUR ROUTINE	14 GIVE SOMEONE A MEANINGFUL COMPLIMENT	15 NATIONAL CHOCOLATE CHIP DAY
16 DO SOMETHING GOOD FOR YOUR NEIGHBOUR DAY	17 TALK TO THREE PEOPLE YOU DON'T KNOW	18 PUT COINS IN A VENDING MACHINE FOR SOMEONE	19 TRY SOME FOOD YOU'VE NEVER EATEN BEFORE	20 LISTEN TO A FRIEND IN NEED	21 PIZZA PARTY DAY	22 PLAN A ROAD TRIP
23 REDECORATE YOUR SPACE	24 LEAVE POSITIVE COMMENTS FOR SOMEONE ONLINE	25 CONTRIBUTE TO A FOOD BANK	26 FLIP A COIN TO DECIDE SOMETHING	27 DONATE MONEY/AN ITEM TO CHARITY	28 TRY WEARING A DIFFERENT COLOUR	29 NATIONAL LEARN ABOUT COMPOSTING DAY
30 NATIONAL CREATIVITY DAY	31 GIVE SOMETHING TO A HOMELESS PERSON/SHELTER					

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