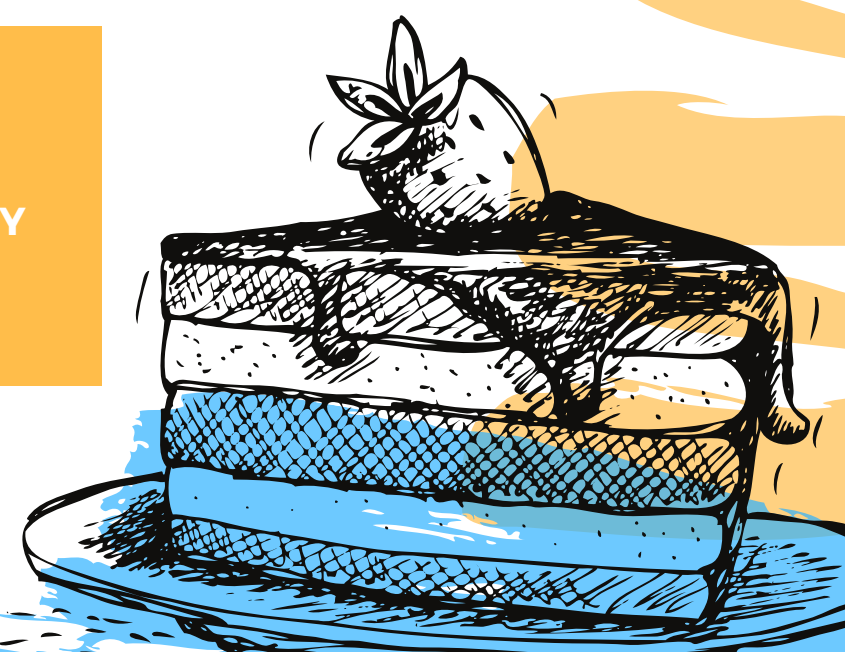
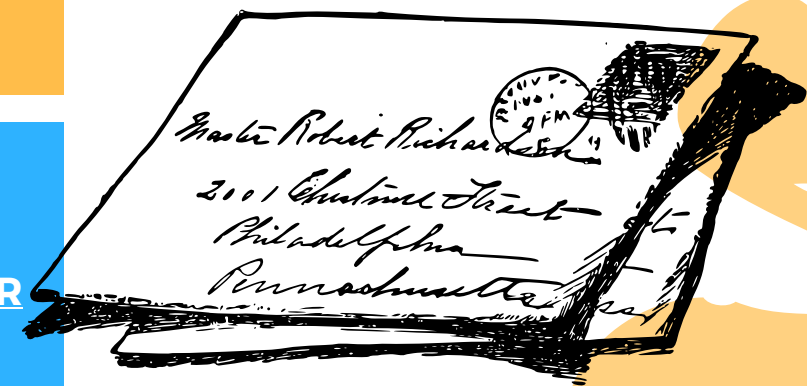




JANUARY 2022



					MENTORING MONTH	1 NEW YEAR'S DAY
2	3 MIND-BODY WELLNESS DAY	4	5 PLAY WITH YOUR ANIMALS	6	7 COUNT THE ITEMS IN YOUR ROOM	8 BUBBLE BATH DAY
9 READ A BOOK	10	11 CLEAN OFF YOUR DESK DAY	12	13 GLUTEN-FREE DAY	14	15 MAKE A RICE SACK
16 WRITE A LETTER TO SOMEONE	17 LISTEN TO MUSIC	18	19 POPCORN DAY	20	21 HUGGING DAY	22 FOCUS ON YOUR BREATHING
23	24 COMPLIMENT DAY	25 PLAY WITH FIDGET SPINNERS	26	27 CHOCOLATE CAKE DAY	28	29 PUZZLE DAY
30 DRAW OR PAINT SOMETHING	31 WATCH CUTE ANIMAL VIDEOS					

For more distractions, visit our alternatives page:
<http://www.teenhelp.org/alternatives/>