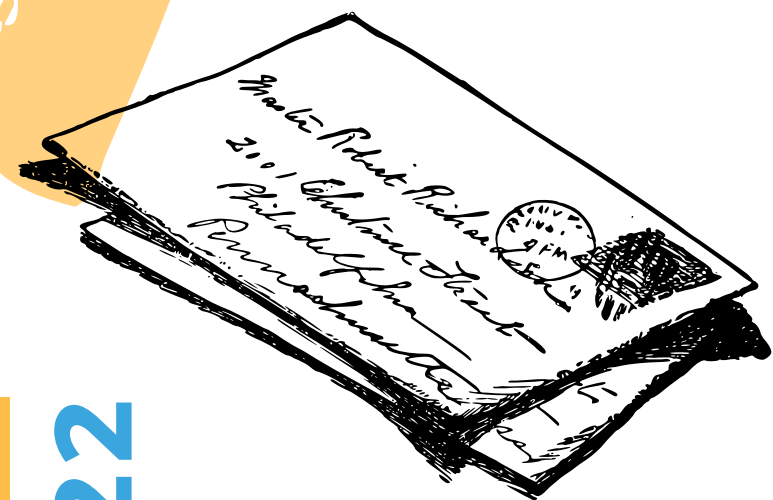
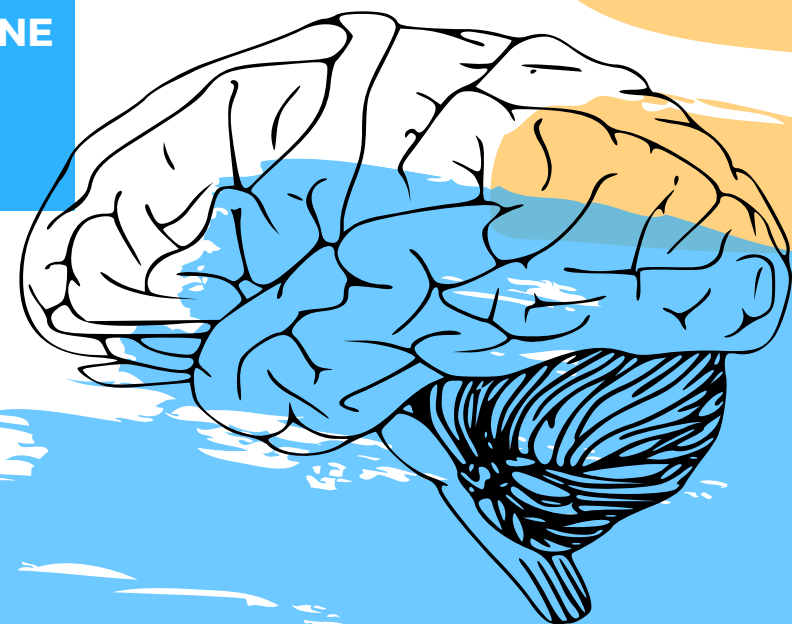


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FEBRUARY 2022



BLACK HISTORY MONTH	LGBT HISTORY MONTH	1 FREEDOM DAY	2	3 TRY JOURNALLING	4 HOMEMADE SOUP DAY	5
6	7 SEND A CARD TO A FRIEND DAY	8 SAFER INTERNET DAY	9 PIZZA DAY	10	11 MAKE A NEW FRIEND DAY	12 TRY SOMETHING YOU'VE NEVER DONE BEFORE
13 TAKE UP A NEW HOBBY	14 BOOK GIVING DAY	15	16 SET MANAGEABLE GOALS	17 RANDOM ACTS OF KINDNESS DAY	18	19 CREATE A ROUTINE
20 PRACTICE TIME MANAGEMENT SKILLS	21	22 WORLD THINKING DAY	23	24 TRY THINGS OUTSIDE YOUR COMFORT ZONE	25	26 START AN ONLINE COURSE
27	28 KEEP THINGS IN PERSPECTIVE	29	30 START LEARNING A NEW LANGUAGE			