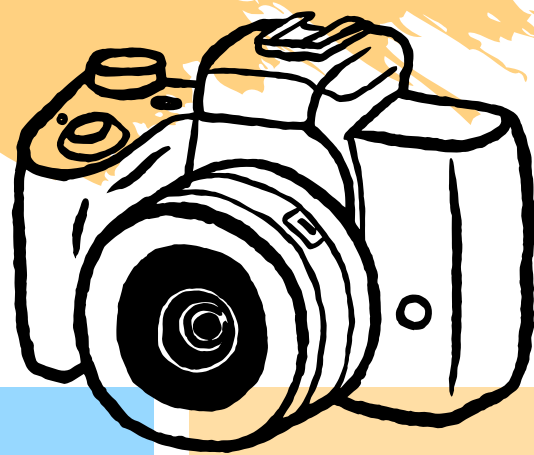


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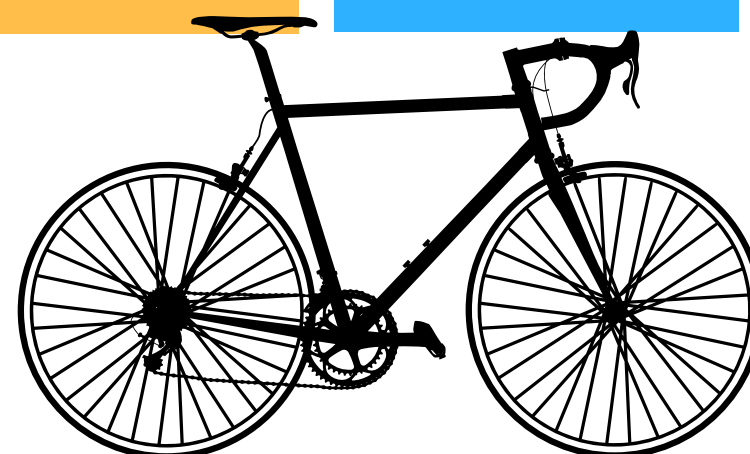
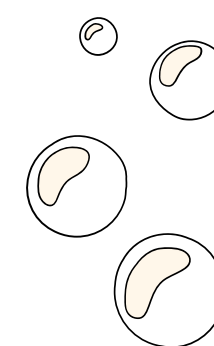


TeenHelp



WWW.TEENHELP.ORG

JULY 2023



						1 TAKE A LONGER RUN OR WALK
2	3 PLASTIC BAG FREE DAY	4	5	6 JOIN AN OUTDOOR CLEAN-UP	7	8 PLAY A TEAM SPORT
9 TAKE PICTURES OF PLANTS OR ANIMALS	10 LOOK FOR SEASONAL ANIMALS	11	12 SIMPLICITY DAY	13 TEENHELP DAY	14	15
16	17 HAVE A CAMPFIRE	18 MAKE SOME S'MORES	19	20	21 GO SWIMMING	22 DIP YOUR FEET IN THE WATER
23 COOK OUTDOORS	24	25 GO TO A NEW PLACE	26	27 GO FOR A BIKE RIDE	28	29 RAIN DAY
30 FRIENDSHIP DAY	31 BLOW SOME BUBBLES					

