

S M T W T F S



TeenHelp

3 FESTIVAL OF SLEEP	4 DOODLE OR COLOUR	5 LISTEN TO AN AUDIO BOOK	6 NATIONAL CUDDLE UP DAY	7 DO A CROSSWORD PUZZLE	8 NATIONAL BUBBLE BATH DAY	9 NATIONAL VISION BOARD DAY
10 USE A LAVENDER SCENTED ITEM	11 PUT ON A PAIR OF FUZZY SOCKS	12 LISTEN TO CLASSICAL MUSIC OR NATURE SOUNDS	13 RUBBER DUCKY DAY	14 WRAP YOURSELF UP IN A BLANKET	15 PUT YOUR PHONE ON SILENT FOR A WHOLE DAY	16 NATIONAL NOTHING DAY
17 NEWSLETTER RELEASE	18 MARTIN LUTHER KING JR. DAY	19 HAVE A CUP OF TEA OR HOT CHOCOLATE	20 BRING OUT A STUFFED ANIMAL	21 NATIONAL HUG DAY	22 TRY GUIDED MEDITATION	23 GET ABSORBED INTO A BOOK
24 BAKE A NEW RECIPE	25 SPEND SOME TIME IN NATURE	26 MASSAGE YOUR SCALP	27 TAKE A NAP	28 LOOK AT OLD PHOTOS OF TRIPS YOU ENJOYED	29 NATIONAL PUZZLE DAY	30 WATCH THE SUN SET
31 NATIONAL HOT CHOCOLATE DAY						

JANUARY 2021

“There are times when we stop, we sit still. We listen and breezes from a whole other world begin to whisper.”

JAMES CARROLL

