

MARCH: CONNECTING TO NATURE

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				2	3 WILDLIFE DAY	4
5 START AN INDOOR GARDEN	6	7	8 LISTEN TO THE SOUND OF ANIMALS AROUND YOU	9	10 MEDITATE OUTSIDE	11
12 PLANT A FLOWER DAY	13	14 SIT AND RELAX OUTSIDE	15	16 PICNIC IN THE PARK	17	18 GO FOR A WALK AT A NATURE PARK
19 GET A HOUSEPLANT	20	21 FOREST DAY	22	23 SET UP A BIRD FEEDER	24	25
26	27 WATCH A SUNRISE OR SUNSET	28	29 TAKE PHOTOS OF YOUR FAVOURITE THINGS OUTSIDE	30 BIPOLAR DAY	31	

