

S M T W T F S



TeenHelp

AUGUST 2021

“It’s OKAY to be scared. Being scared means you’re about to do something really, really brave.”
 MANDY HALE



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| 1 FRIENDSHIP DAY | 2 COLORING BOOK DAY | 3 GET LOST IN A STORY/BOOK/PODCAST | 4 DO SOME CLEANING | 5 TALK TO A FRIEND | AUGUST IS... FAMILY FUN MONTH | AUGUST IS... PICNIC MONTH |
| 8 VISIT THE COUNTRYSIDE OR BEACH | 9 BOOK LOVERS DAY | 10 LAZY DAY | 11 TRY ON SOME NEW CLOTHES | 12 INTERNATIONAL YOUTH DAY | 13 INTERNATIONAL LEFT-HANDERS DAY | 14 BOWLING DAY |
| 15 RELAXATION DAY | 16 ROLLERCOASTER DAY | 17 BUY SOME NEW STATIONERY | 18 REARRANGE SOME FURNITURE | 19 WORLD HUMANITARIAN DAY | 20 LEMONADE DAY | 21 SENIOR CITIZENS DAY |
| 22 BOOK WEEK | 23 BULLET JOURNAL | 24 GARDEN OR SPEND TIME WITH NATURE | 25 BANANA SPLIT DAY | 26 DO SOMETHING TACTILE | 27 WATCH SOME CARTOONS | 28 GO SHOPPING |
| 29 GO HIKING | 30 DANCE LIKE NO ONE IS WATCHING | 31 TRAIL MIX DAY | | | | |

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