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OCTOBER 2021

“If you get tired, learn to rest, not to quit.”

BANKSY



		BULLYING PREVENTION MONTH	ADHD AWARENESS MONTH	BLACK HISTORY MONTH	1 WORLD SMILE DAY	2 WATCH A MOVIE
3 PAINT YOUR NAILS	4 WORLD ANIMAL DAY	5 DO SOMETHING NICE DAY	6 PLAY WITH A PET	7 YOU MATTER TO ME DAY	8 SOAK YOUR FEET	9 LIGHT A CANDLE
10 WORLD MENTAL HEALTH DAY	11 TAKE A WALK	12 PRACTICE DEEP BREATHING	13 TRY A YOGA POSE	14 TAKE A NAP	15 UTILIZE AROMATHERAPY	16 HAVE A BUBBLE BATH
17 TRY A JIGSAW PUZZLE	18 DO SOME STRETCHES	19 DRINK APPLE CIDER	20 SLEEP WITH AN EYE MASK	21 PUMPKIN CHEESECAKE DAY	22 WRITE A LETTER	23 MAKE A DIFFERENCE DAY
24 SLEEP IN LATE	25 BUY A NEW AIR FRESHNER	26 PUMPKIN DAY	27 BLACK CAT DAY	28 HAVE SOME TEA	29 TWEAK YOUR BEDTIME ROUTINE	30 CANDY CORN DAY
31 HALLOWEEN						