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TeenHelp

WWW.TEENHELP.ORG

DECEMBER 2021

"Kindness is a gift everyone can afford to give."

UNKNOWN



MONTH OF GIVING

1
WRITE A KIND LETTER TO YOURSELF

2
BURN A NICE CANDLE

3
WATCH A FESTIVE MOVIE

4
WRITE COMPLIMENTS TO YOURSELF

5
TALK TO YOURSELF IN THE MIRROR

6
ST. NICHOLAS DAY

7
LETTER WRITING DAY

8
HAVE A SWEET TREAT

9
CHRISTMAS CARD DAY

10
COMFORT YOUR INNER CHILD

11
TRY A SHOWER STEAMER

12
GINGER BREAD HOUSE DAY

13
BREATHE SOME FRESH AIR

14
SIP ON HOT COCOA

15
INTERNATIONAL TEA DAY

16
MAKE A BAKED GOOD

17
UGLY SWEATER DAY

18
LOOK AT HOLIDAY LIGHTS

19
COMPLIMENT SOMEONE ELSE

20
DECORATE YOUR SPACE

21
YULE BEGINS

22
SMILE AT SOMEONE

23
STAY IN YOUR PAJAMAS

24
CHRISTMAS EVE

25
CHRISTMAS DAY

26
BOXING DAY

27
REMEMBER YOUR ACHIEVEMENTS

28
THINK ABOUT FUTURE GOALS

29
HUG YOURSELF

30
LET YOURSELF REST

31
NEW YEAR'S EVE