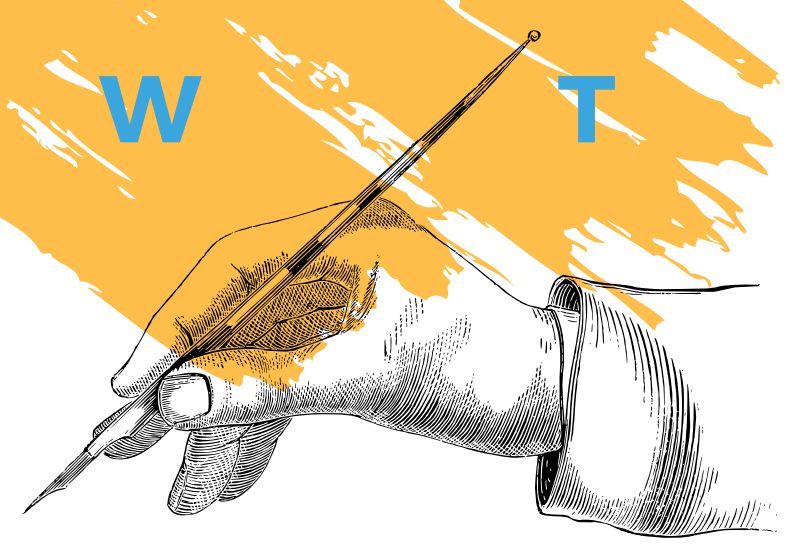


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TeenHelp



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MARCH 2022



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| COLOR THERAPY MONTH | CRAFTING MONTH | 1 SELF-INJURY AWARENESS DAY | 2 TEEN MENTAL WELLNESS DAY | 3 | 4 | 5 COMPLETE A COLORING BOOK THIS MONTH |
| 6 REFRESH YOUR ROOM | 7 | 8 WRITE A STORY OR A POEM | 9 | 10 MAKE YOUR OWN BOOKMARK | 11 | 12 DO THE DIY THAT YOU'VE WANTED TO TRY |
| 13 TRY OUT A NEW SWEET RECIPE | 14 NAPPING DAY | 15 | 16 PAINT BY NUMBERS | 17 | 18 SLOPPY JOE DAY | 19 MAKE A THERAPEUTIC RICE SACK |
| 20 | 21 POETRY DAY | 22 WATER DAY | 23 | 24 MAKE SOMETHING OUT OF PLAY-DOH | 25 | 26 EARTH HOUR |
| 27 ALTER YOUR OLD CLOTHES | 28 | 29 | 30 BIPOLAR DAY | 31 TRANSGENDER DAY OF VISIBILITY | | |