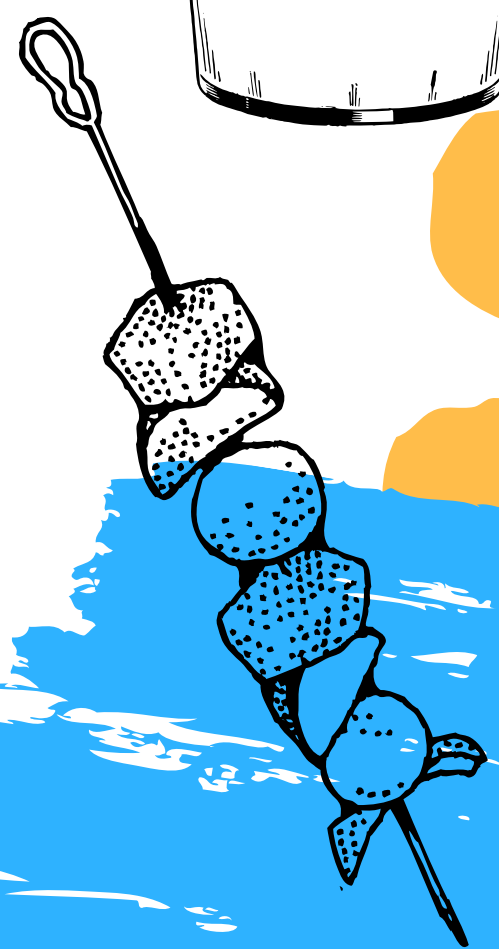
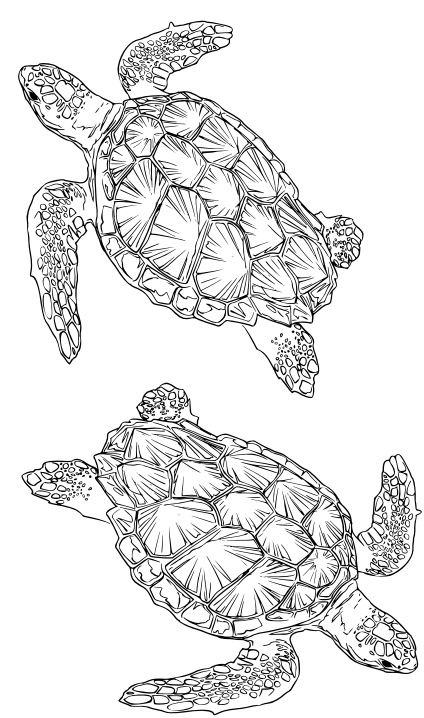


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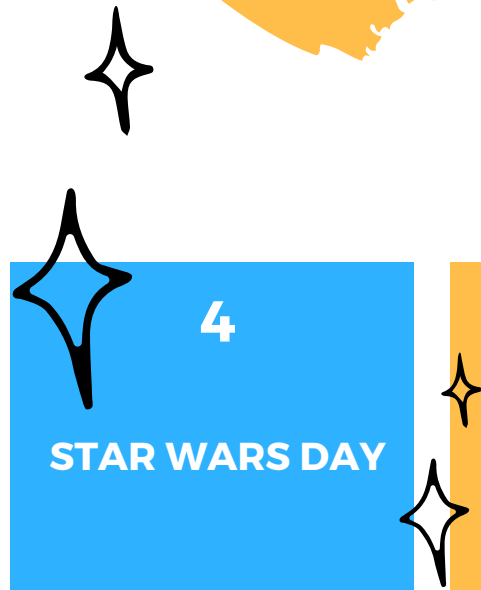
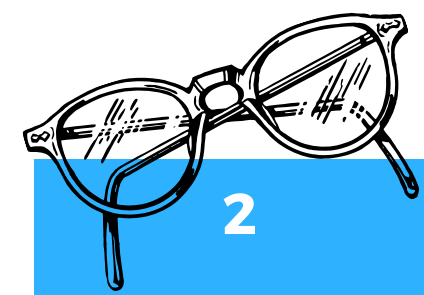


TeenHelp

MAY 2022



1	2 HARRY POTTER DAY	3	4 STAR WARS DAY	5 USE GROUNDING TECHNIQUES	6	7 DO A BODY SCAN
8 HOW TO MAKE A CALMING JAR	9	10 CLEAN YOUR ROOM DAY	11	12 FIBROMYALGIA AWARENESS DAY	13	14
15 COLORING FOR MINDFULNESS	16 BARBECUE DAY	17	18 PLAY A MEMORY GAME	19	20 BREATHE DEEPLY	21 HAVE A HOT OR COLD DRINK
22	23 TURTLE DAY	24 TOUCH ITEMS NEAR YOU	25	26	27	28 CONNECT WITH NATURE
29 WALK BAREFOOT	30	31 TRY A YOGA POSE				



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MENTAL HEALTH AWARENESS MONTH