

S M T W T F S



TeenHelp



WWW.TEENHELP.ORG



NOVEMBER 2022



GRATITUDE MONTH

NANOWRIMO

1

2
STRESS AWARENESS DAY

3

4
PRACTICE MINDFULNESS

5

6

7
WORLD KINDNESS WEEK

8

HELP SOMEONE DO CHORES

9

10
MAKE SOMEONE A GIFT

11

12
CHICKEN SOUP FOR THE SOUL DAY

13

14
GIVE YOURSELF A HUG

15

16
ACCEPTANCE DAY

17

WORLD PEACE DAY

18

19

20

21
TRY MEDITATION

22

REMEMBER WHAT YOU ARE GRATEFUL FOR

23

24

25
PRACTICE ACTIVE LISTENING

26

COMPLIMENT SOMEONE

27

SMILE AT SOMEONE

28

29

PRACTICE SELF-CARE

30

START A GRATITUDE JAR