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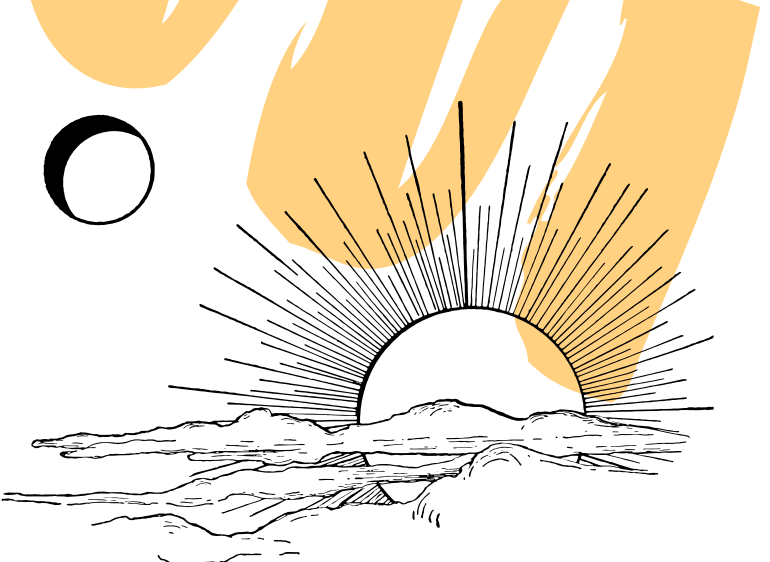
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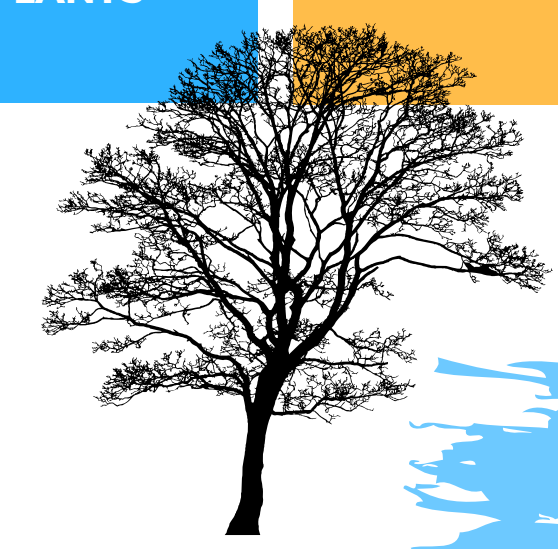
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TeenHelp

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APRIL 2023



					STRESS AWARENESS MONTH	1
2 AUTISM ACCEPTANCE DAY	3 	4 LET DIRT FALL THROUGH YOUR FINGERS	5 GROW CAT GRASS OR CATNIP	6	7 WORLD HEALTH DAY	8
9	10 VISUALIZE YOUR MIND AS A GARDEN	11 WHAT WOULD YOU LIKE YOUR MIND-GARDEN TO LOOK LIKE?	12 WHAT DOES YOUR MIND-GARDEN NEED TO THRIVE?	13 CONSIDER NEGATIVITY AS WEEDS IN YOUR MIND-GARDEN	14 CONSIDER POSITIVITY AS FLOWERS IN YOUR MIND-GARDEN	15
16 WORLD VOICE DAY	17	18 TRACK SUN EXPOSURE IN YOUR GARDEN	19	20 PICK PLANTS BASED OFF SUN EXPOSURE	21	22 EARTH DAY
23	24 PULL SOME WEEDS	25 	26 PLANT BULBS FOR NEXT YEAR	27	28 TRY TO PROPAGATE PLANTS	29
30						