






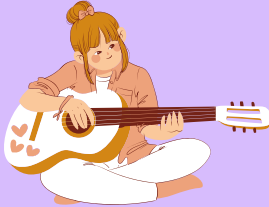







APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Set realistic monthly goals.	2  Know the facts about underage drinking.	3  Inspire joy.	4  Help your teen quit vaping.	5  Compliment yourself.	6  Promote healthy sleep habits.
7  Learn a new relaxation technique.	8  Get ready for the 2024 total solar eclipse!	9  Support positive identity formation.	10  Teach children media literacy.	11  Table talk: What quality of yours are you most proud of?	12  Clean out your medicine cabinets.	13  Forgive yourself for something.
14  Explore a new hobby.	15  Engage in a creative activity.	16  Reconnect with a friend or family member.	17  Prepare and enjoy a healthy meal as a family.	18  Be FASD Aware.	19  Celebrate youth leaders.	20  Build a support circle.
21  Create a calm-down kit.	22  Spend time in nature for Earth Day.	23  Write affirmations and place them in visible spots.	24  Complete a task on your to-do list.	25  Balance work and play.	26  Protect your and your teen's health.	27  Create a self-love playlist of uplifting songs.
28  Participate in prevention advocacy.	29  Dedicate time for a digital detox.	30  Design a cozy corner for relaxation.	<h2><u>Alcohol Awareness Month</u></h2>			

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#EveryoneHasARole

Prevention
Action Alliance

Click the links for short activities you can do to help support [everyday prevention](https://www.everydayprevention.org/) in your community.