








JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  Pick three friends to share this calendar with.
2  Ask open-ended questions about your teens future.	3  Explore the 5 senses during a nature walk.	4  Plant a garden.	5  Create a problem-solving wheel.	6  Create a summer bucket list.	7  Wear orange for Gun Violence Awareness Day.	8  Set family goals for Family Health and Fitness Day.
9  Practice breathing awareness.	10  Promote men's mental health resources for Men's Health Week.	11  Talk with your teen about drugs and alcohol.	12  Build shame resilience.	13  Promote healthy friendships for young people.	14  Sign up for the Advocacy Newsletter.	15  Think ahead for your mental health.
16  Say Thank You to your dad or father figure.	17  Practice "I Statements."	18  Clear out clutter.	19  Celebrate Juneteenth.	20  Complete a Summer Bucket List item.	21  Explore art therapy.	22  Provide a safe space for self-expression.
23  Stay Hydrated!	24  Phone a friend.	25  Empower youth decision making.	26  Read books by LGBTQ+ writers.	27  Teach children gratitude.	28  Use positive self-talk.	29  Spend 60 minutes outside.
30  Tell a knock-knock joke.						Prevention Action Alliance