

2019

February

Theme: *Energize and Innovate in Recreational Therapy*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
	Happy RT Month 2019!!	Purchase promotional items from the ATRA store	Theme: <i>Energize and Innovate in Recreational Therapy</i>	Use <u>#wearerectherapy</u> for all of your social media posts	Use the hashtag in all social media posts for entry to win a prize	Share what state you practice in to see how widespread RT is!
03 Showcase Sunday: Post information about RT at your facility	04 Make a video Monday: What is RT?	05 T-shirt Tuesday: Wear your RT pride and snap a photo 	06 Present an RT in-service to staff about what RT is	07 Thoughtful Thursday: Become a member of ATRA 	08 Photo Friday: Share a photo of your staff/club	09 Shout-out Saturday: Share your internship location 
10 Self-care Sunday: Learn a new relaxation technique	11 Mannequin Challenge Monday: video your staff/club with RT activities 	12 Tip Tuesday: Share a poster of RT at your facility	13 Winning Wednesday: Paffle for ATRA members 	14 Thankful Thursday: Who inspired you to become a RT?	15 Photo Friday: Make a big R & T of your group 	16 Shout-out Saturday: College/University you attend or graduated from
17 Plan an RT social this week for your club or staff!	18 President's Day: Thank you to all of our ATRA Presidents 	19 T-shirt Tuesday: Wear your RT pride and snap a photo 	20 Wow Wednesday: How many years have you been in the field?	21 Thoughtful Thursday: Display an RT article at your facility 	22 Fun Friday: Try a new intervention today!	23 Shout-out Saturday: to a professor or colleague 
24 Self-care Sunday: Use aromatherapy to relax and unwind 	25 Move Monday: Practice yoga with your staff/club  	26 Tip Tuesday: Share where you get your CEUs	27 Reminder: Make a video promoting RT 	28 Thank you for being involved this year in RT month 2019!	01 We want to see your creative idea next year! Join the RT month committee	02 Stay tuned for RT Month 2020!
03	04	Notes:				