

# ACTIVITIES FOR TEENS

## at home

AIM TO PICK ONE FROM EACH SECTION EACH DAY

### SERVE

- Write a letter to a grandparent
- Call someone you haven't talked to in a while
- Text someone a compliment
- Read a book virtually to a younger cousin
- Reach out to someone who could use a friend
- Send a \*scripture or link to talk that inspires
- Do a job for sibling
- Ask mom how you can help/organize a space
- Text \*lunch jokes pictures to friends
- Post an inspirational quote on social media
- Pick your own: \_\_\_\_\_

### CONNECT

- Play a game with family
- Read a book out load with family
- Do a puzzle with family
- Discuss podcast/TED talks
- Discuss phone etiquette questions\*
- Ask parents about their teen years
- Word of the week challenge\*
- In home photo scavenger hunt
- Make sibling/parent TikTok
- Comment on 5 acquaintances social media posts
- Pick your own: \_\_\_\_\_

DAILY 5

### EXERCISE

- Yoga on YouTube\*
- Strength training
- Bike Ride
- Speed walk
- Mr and Mrs Muscle\*
- Trampoline
- Pick your own: \_\_\_\_\_

### CREATE

- Learn a new piano/instrument song
- Learn to draw, knit, paint, etc. (YouTube)
- Make a photo album with pictures\*
- Create 1 second video\*
- Learn woodworking skills
- Paint a wall/furniture
- Decorate a t-shirt
- Make a TikTok dance
- Bake something
- Pick your own: \_\_\_\_\_

### LEARN

- Listen to a podcast for teens\*
- Watch a TED talk\*
- Research a country you'd like to visit
- DUO LINGO learn new language\*
- MEMORIZE poem or scripture\*
- Research a notable figure in history
- Pick your own: \_\_\_\_\_