

ACTIVITIES FOR TEENS

when you're stuck at home

CREATIVE

- _ Make a cable knit blanket with looping yarn
- _ Create a time capsule
- _ Make some friendship bracelets
- _ Visit museums virtually
- _ Make a gigantic comic strip
- _ Hydro dip your shoes!
- _ Learn how to hand letter
- _ Create some word rocks

SCIENCE + MATH

- _ Work on stem projects
- _ Use algebra to make snowflakes
- _ Learn how to code
- _ Build furniture
- _ Make your own bath bombs
- _ Go geocaching
- _ Gumdrop Bridge Building
- _ Build the Eiffel Tower

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MUSIC

- _ Learn how to play the guitar
- _ Easy piano lessons
- _ Learn how to play the ukulele
- _ 10 sites with free sheet music

GAMES

- _ Play card and board games
- _ Make a scavenger hunt indoors –
this would be good to do for younger siblings especially.
- _ Selfie scavenger hunt is fun too!
- _ Put together some puzzles
- _ Fun things to do with plastic cups

COOKING

- _ Learn how to cook & put together a family cookbook with favorite recipes
- _ How to be a rockstar in the kitchen
- _ Play a game of "Chopped"
- _ Make simple breakfasts

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HISTORY/POLITICS

- _ Hands on History Projects
- _ Eyewitness to History
- _ Presidential Election Writing Prompts
- _ 10 ways teenagers can get involved in politics

READ + WRITE

- _ Read, read and read some more!
- _ Journal - now is the perfect time to write down what is going on around you!
- _ Bullet journaling
- _ Story Writing Prompts

SPORTS

- _ Roll the Dice Workout
- _ 8 Minute Indoor Workout For Teens
- _ Build a backyard ninja obstacle course
- _ Crab Soccer
- _ Yoga for Teens

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RANDOM ACTS OF KINDNESS

- _ Over 30 simple ideas for random acts of kindness
- _ RAOK bookmarks
- _ Make a mason jar for someone

LIFE SKILLS

- _ Make sure you know basic life skills!
- _ How to do laundry
- _ REALLY clean your room
- _ How to iron
- _ Learn how to budget

MISC

- _ Create a vision board
- _ Podcasts to listen to