

# 25 THINGS **TEENAGERS** CAN DO DURING SOCIAL ISOLATION

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LEARN TO PLAY A NEW INSTRUMENT (YOUTUBE!)

WRITE A POEM OR A STORY

TRY A YOUTUBE DRAWING TUTORIAL

SWAP BOOK SUGGESTIONS

WRITE & MAIL A LETTER TO A GRANDPARENT

GET SOME FRIENDS VIRTUALLY TOGETHER TO PLAY "PSYCH"

BAKE SOMETHING NEW

WRITE A SONG

TEACH A FAMILY MEMBER TO DO SOMETHING YOU LOVE

MAKE SOMETHING CREATIVE (THAT YOU NEVER SHOW ANYONE)

GO ON A WALK (OR RUN) AROUND THE BLOCK

VIDEO GAME TOURNAMENT WITH YOUR FAMILY

HAVE A "CHOPPED" COMPETITION FOR DINNER

CREATE A NEW MUSIC PLAYLIST

YOUTUBE YOGA OR MEDITATION

JOURNAL YOUR CORONAVIRUS EXPERIENCE

REARRANGE YOUR ROOM

WRITE A LETTER TO YOUR FUTURE SELF

FIND A BOOK ON THE LIBBY APP TO LISTEN TO

WRITE A BUCKET LIST

DO A JIGSAW OR LOGIC PUZZLE

LISTEN TO A NEW PODCAST

OFFER TO MAKE DINNER FOR THE FAMILY

TAKE AN ENNEAGRAM TEST

INVENT A NEW GAME