

Teen Tips – Staying Vital During the 2020 COVID-19 Pandemic

What can you do as a teen to make the most of your time & feel good about how you made it through?

Think about these ideas:

GET CREATIVE

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GET CLOSER WITH FAMILY MEMBERS b5 1 2s(n) 3BT78 1.04 (BT7)BT1 0 1 T-(atd) 04 (h) \$Tmp- 06 191. 0.7 Tm 0

SUPPORT OTHERS SHELTERING AROUND YOU –

GIVE YOURSELF A BREAK –

LOOK TOWARD THE FUTURE –

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Below if you'd like to, write down something from each section that appeals to you – either from the examples or other ideas you have – bring out this list regularly for inspiration:

GET CREATIVE I'd like to...
