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 with more time on your hands, what have you always wanted to learn to do?

Train your dog or other pet

- Dog barking making the family crazy?
- o Cats getting on the table and kitchen counters?
- Rabbit not litter box trained?
- You can come to the rescue!
- o Go on-line and find out how to train your pets

Learn a new art skill

- o Consider trying a free app, such as making pixel art (see above)
- Tell other friends or family members about this and try making a similar picture and compare or post your creations on social media

Make a playlist with your favorite songs

- o Discover new songs
- o Share your playlists with friends

Learn how to create different hair styles or manicure/pedicure designs

o Practice your new skills on family members or friends within your household

GET CLOSER WITH FAMILY MEMBERS b 50 1 2s (n 5- BTF8 1.04 (BTF)BT1 0 1 T- (atd) 50 44- 6) (b Tmp-6) 191. (a.7.9 Tm (

SUPPORT OTHERS SHELTERING AROUND YOU - think about friends and others around you what can you do to help them?

Be available to talk or joke with friends and family members virtually to stay in touch (Facetime, Shapchat, Skype, video chat, etc.)

Share music, recipes, pictures of pets, workout videos

Offer to help younger relatives or friends with school work that they are working on that might be challenging; maybe their parents are working or busy doing something else As the weather gets warmer, consider helping out a neighbor with yard work remember to keep a safe physical distance from others outside

GIVE YOURSELF A BREAK -

You are doing your best to get through this and everyone is doing what they can Pay attention to even small achievements being kind to someone, talking to someone who may be feeling worried or lonely, helping clean up something, pitching in to help out others

LOOK TOWARD THE FUTURE -

This situation this pandemic will be over in the future, so what are you really looking forward to doing?

- o Is there a special place you
- out with your friends? o Is there a local restaurant that your family enjoyed going to together?
- Would it be fun to get your hair or nails done at a salon?
- Maybe you will be happy to play sports on a team again.

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...