

TEENAGE ACTIVITIES FOR WELLBEING

● during Covid restrictions ●

KEEP ACTIVE



- go for a kickabout with a friend
- run, walk, cycle, swim
- sign-up to an online exercise class
- take up an online active challenge
- train for a sporting event
- walk your dog (or someone else's dog)

CONNECT WITH OTHERS



- write letters or cards to family friends
- create gifts and hand deliver them
- make the most of online meet-ups
- join an NGO on an issue you are passionate about
- mentor a younger child in sport or schoolwork
- exercise with a friend

GET CREATIVE



- make artworks for your home
- organise photos into books or slideshows
- enter competitions
- set up a vlog, blog or podcast
- keep a journal
- make homemade skincare products

BE OF SERVICE



- organise a fundraiser
- raise awareness about a cause you care about
- set up a business enterprise
- help out a neighbour or someone in need
- plan a project to build wildlife in your area
- become a citizen scientist - collect nature data

LEARN NEW SKILLS



- create- jewellery, photography, comics
- make something out of wood or metal
- train the dog to do tricks
- take up a new sport, music, language
- look up fashion and make-up tips
- learn graphic design or video editing

DO HELPFUL JOBS



- clear out a shed
- research family food waste
- sort out a cupboard or wardrobe
- help with shopping, messages
- babysit/ set up activities for a younger sibling
- cook a family dinner