

# A TEEN/YOUNG ADULT'S GUIDE OF THINGS TO DO AT HOME TO COMBAT LONELINESS & BOREDOM

## CREATIVE

- Draw or paint
- Create a vision board or collage of things that inspire you
- Start a journal or social media account (photography, food, art)
- Write haiku poems
  - (5-7-5 syllables)
- Create your own card or board game
- Create a scavenger hunt with clues for your family member to complete

## STAYING IN TOUCH

- Write letters or e-mails to friends/family members
- Make phone calls to friends and play games over phone or FaceTime (trivia, etc).
- If you have a phone, download apps that friends can play together (ScrabbleGo, Kahoot, Words with Friends, QuizUp)
- Write uplifting messages in chalk on sidewalk for neighbors
- Make or share a playlist of songs with your friends or family

## ORGANIZING

- Organize your closet or bookshelves
- Create a monthly calendar with your favorite photos
- Make a daily schedule with goals for the day
- Plan your dream trip for the future
- Organize your photos and music (playlists)
- Rearrange your room
- Organize the fridge/pantry by item
- Make a weekly menu, help your family make grocery shopping easier

## GET MOVING

- Go for a walk or bike ride
- Listen to music and learn new dances
- Try a new fitness routine or make one up
- At home yoga session
- At home Zumba or create your own Zumba dance.
- Have a fitness challenge with a family member
- Make a fitness dice to roll (see template attached)

## CHANGE IT UP

- Try a new recipe
- Start an inspirational quote text chain or recipe e-mail chain
- Make up a dance routine and share with friends
- Write a short story or book
- Make up your own tutorial video for a craft, recipe or hobby
- Learn a magic trick and try on a family member
- Practice a new sport

## EXERCISE YOUR MIND

- Work on your schoolwork to knock it out!
- Make your own word searches or crossword puzzles
- Complete a puzzle
- Read a book you have never read or one that you have not read in a while
- Research an exotic animal or topic that interests you
- Learn a new language
- Practice meditation and mindfulness exercises to lower stress and increase focus (i.e. deep breathing)

## VIRTUAL

- Watch a show or movie with friends and chat during (Netflix has this feature)
- Play a virtual board or card game
- Play virtual charades
- Go on virtual tours of museums, aquariums, zoos etc. from home (see list of links attached)
- "Photo a Day" Challenge
- Attend a virtual concert
- Check out a new faith-based services online
- Play video games
- Use google earth to zoom into anywhere in the world

## YOUR IDEAS