

Teen Tips – Staying Energized 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 – go online for tips & tricks
 - Dog barking making the family crazy?
 - Cats getting on the table and kitchen counters?
 - Rabbit not litter box trained?
 - You can come to the rescue!
- Learn a new art skill
 - Consider trying a free app, such as making pixel art
 - 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
 - Discover new songs
 - Share your playlists with friends
- Learn how to create different hair styles or manicure/pedicure designs
 - Practice your new skills on those within your household

GET CLOSER WITH FAMILY MEMBERS OR FRIENDS

Now's the perfect time to build those relationships

- Learn how to cook or bake – and make food for your family
 - Consider calling a grandparent or other older relative whose creations you've always loved. Ask if he/she will talk you through making some of their recipes
- Binge watch a series with someone else
 - Find one or more family members and agree on a show that you can all enjoy together
- Figure out some games to keep your younger siblings or relatives entertained – in person or virtually
 - Play hide and seek – or hide a toy/stuffed animal in a room and take turns finding it
 - You can even work on improving younger kids' bravery in the dark by doing this in a basement with a flashlight. You can go with them until they are brave enough to go alone
 - Get out the arts and crafts and make stuff together



University Hospitals



Rainbow Babies & Children's

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, Snapchat, Skype, video chat, etc.)
- Share music, recipes, pictures of pets, workout videos
- Offer to help younger relatives or friends with school work 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 even 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 eventually, so what are you really looking forward to doing?
 - Is there a special place you're looking forward to hanging out with your friends?
 - You might be looking forward to seeing a movie in the theatre or going shopping.
 - Is there a local coffee shop or restaurant that you love?
 - Would it be fun to get your hair or nails done at a salon?
 - What about going to outdoor festivals, carnivals, or amusement parks?
 - Would you enjoy going swimming at a local pool or taking a trip to a nearby beach?
 - Maybe you will be happy to see your school friends in person.
 - You might also look forward to playing sports on a team again or a pick up game at the local rec center.
- No matter what your preferences are, you can remind yourself that you will be able to enjoy even more activities in the future, and you will appreciate them more than ever.

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...

GET CLOSER WITH FAMILY MEMBERS OR FRIENDS: I'd like to...

SUPPORT OTHERS SHELTERING AROUND YOU: I'd like to...

GIVE YOURSELF A BREAK: I am glad I did _____
_____ today.

LOOK TOWARD THE FUTURE: I'm looking forward to doing this...
