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| Blow bubbles Recipe for homemade bubble solution | Play a board game  | Make a list of your accomplishments | Meditate 10 meditations for pre-teens and teens | Take an online course List of classes for teens classcentral.com |
| Do a crossword puzzle NY Times Student Crossword Archive | Fly a kite  | Look at family photo albums | Play with a sibling | Go stargazing  |
| Play with your pet; teach it a new trick | Do an arts and craft activity | Do yoga Free yoga classes for teens via youtube  | Meditate 10 meditations for pre-teens and teens | Ride your bike  |
| Draw or color Zentangles, Mandalas | Write in a journal  | Read inspiring quotes  | Drink a cup of tea  | Do your laundry  |
| Take a virtual tour of Yellowstone National Park or Yosemite National Park | Take a virtual tour of the zoo or the aquarium: San Diego Zoo , Georgia Aquarium , Monterey Bay Aquarium | Take a virtual museum tour over 2,500 tours available | Put down your phone for an hour, an afternoon, or a day  | Find 2 books you want to read Goodreads book lists for teens , Sora app - access ebooks via school libraries |
| Play a card game  | Declutter your bedroom | Learn a few phrases in a new language | Cook with a parent | Turn up the music and dance |
| Write a poem/short story/song | Make a playlist of your favorite songs | Bake something for your family | Take a nap  | Make a list of goals for yourself |
| Plant a garden  | Write a letter to your future self | Talk to a friend <i>friends</i> | Go for a walk or a hike | Make a list of things you like about yourself |
| Draw or paint a picture | Do a puzzle | Play an instrument | Play a board game | Make a funny video |
| Watch a movie  | Go outside and watch the birds and squirrels | Take a virtual tour of a farm @ Farmfood360 | Take photos of nature | Listen to your favorite songs  |