

## Fun Activities at home to keep Teens Entertained



During self isolation it can be challenging to keep teens entertained 24/7.

The following leaflet is provided to offer some suggestions to keep teens entertained with parents also joining in the fun.

## Some tips to rememeber...

Fake news and spam can circulate on social media, make sure to keep talking to your teenager about reliable sources of news in order to help with any worries they may have about Covid-19.

Encourage them to limit their exposure to social media and how much information they take in about Covid -19

Try limit sugary drinks and snacks and stick to the usual foods for breakfast and lunch .

Encourage exercise and fresh air.

## Some advice for teens...

We know how important it is for you to see your friends, so remember to keep your distance when seeing friends and avoid hanging out in big gangs. This way we are all doing the right thing and that means we can see our friends and family very soon, BUT we must keep our distance in order to prevent the spread of the virus!

Social distance doesn't mean emotional distance so even though you are not seeing your friends like you usually would you can still connect.

Have a What's App or Skype video call or arrange to have a movie night through Skype - pick a movie, have some snacks and connect with your friends in a different but fun way while keeping your distance. Remember to ask for permission from you parents before arranging anything.

You might be feeling worried or scared about Covid-19. This is normal, most people feel a small amount of worry. If you find yourself feeling overwhelmed and need to talk, speak to a trusted adult and get the support you need.

It's really important to look after yourself during times of crisis, reach out and ask for help if you are struggling.

If you take it "one day at a time" it will be more manageable than worrying about the future. Do your best each day and remember that "This too shall pass"

## Relaxation



Listen to chill out music and relax in a quiet room for 10 mins each day. This will help to reduce any worries or anxious feelings.

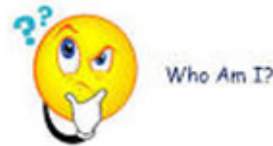


Make a worry box from an old mobile phone box or cereal box. Decorate it how you like. Write down all your worries and pop them into the box. At the end of the week look through them and ask a trusted adult to help sort your worries out. This will help clear the mind.

## Play



Host a family quiz night once a week. Pick topics such as Disney movies, Disney songs, sport and music. This is a fun way to connect with parents and siblings while in isolation.



Play a game of "who am I". You will need post it notes or paper and sellotape. Pick famous people and place their names on the other persons forehead. The person has to guess who they are.

## Play



If you have access to you-tube type in home workout for teenagers. Follow along and get a sweat on. This will boost your mood and keep your muscles and bones strong and healthy while you self-isolate. If you have no internet access, put on some music and do jumping jacks, running on the spot and some High knees.



Send a letter to a resident in a local nursing home. Lots of nursing homes are asking young people to keep in touch with residents in nursing homes during self-isolation. Ask a parent to help you contact the nursing home to find out more information about this.

This leaflet was put together by the staff in Lisdeel Family Centre

 **Daughters of Charity**  
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