

THE TEENAGER'S PANDEMIC SURVIVAL GUIDE



MAKE YOUR ROOM YOUR OASIS

Clean and organize your room (and maybe even your Google Drive) to create a space that you enjoy spending time in. Now is the time to hang up new posters, organize book shelves and make your space your personal oasis. Make a daily schedule and set goals for your self. Reward your success!

EAT DELICIOUS HEALTHY FOOD

Take the time to create your fav meals. Plan ahead, order food from the grocery store and cook up a storm. Keep it simple, healthy and delicious. Make a meal for the family or cook digitaly with your friends.



WORKOUT AND STAY FIT

Use an APP to prvide you with a 7min workout! Use google hangout to persuade friends to stay fit with you! Maintain your social distance and go for a bike ride in the sunshine.

THROW A NETFLIX PARTY

Create a Netflix's party and invite your friends or grandparents to join you. Make it a theme party and dress up. Invite your pets and show them off to friends.



TAKE YOUR TIME

Take you time with the little things in life that you use to rush through out of necessity. Be mindful when you make the perfect cup of coffee. Stop and listen when you take your walk. Spend more time doing the little things you usually had to do quickly. Sleep in!

BE EXTRA KIND

Make a date with a parent or sibling. Give a random hug to a family member. Watch old family movies. Clean something. Do a Random Act of Kindness. Share a funny video with a parent. Spend extra time with your pet!



SPOIL YOURSELF

Give yourself a home spa day. Plant and grow a garden. Get dressed up for your Google Hangout. Watch a funny video. Call the counsellor and check in! Discover something you have always wanted to do... like learn a new language. Sleep in!

The gift of time and how to spend it!