

Family fun when school is out: with teens

13-18 years



Getting Outdoors!

- Camping in the backyard
- Take the dog for a walk
- Go for a bike ride
- Practice basketball/netball in the backyard
- Start a veggie garden
- Weeding
- Have a picnic

Creative Ideas

- Make a playlist on Spotify to share with your friends (virtual mixtape)
- Learn how to knit or crochet
- Take photographs
- Journal
- Learn nail art
- Learn a language
- Make your own face-mask
- Build a time capsule
- Make your own family movie!
- Cooking – baking, homemade pizza, Taco Tuesdays, Meat-Free Mondays



Not sure what to do when school is out?

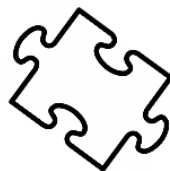
Here are a few ideas to do together as a family!

Community activities

- Family reflections on gratitude
- Clean out your wardrobe to donate to charity
- Clean the car
- Wash the dog/cat
- Cook dinner for your family

Physical activities

- Puzzles, card games
- Board games
- Go running. Not a runner? Try the Couch to 5km app



Online and Technology Based Activities

- Yoga via youtube (yoga with Adriene)
- Online Zumba/dance class
- Learn a new TikTok dance
- Complete homework or study
- Virtual tours of museum, art gallery, national park or zoo
- Movie Nights with Popcorn!



Support Lines

Kids helpline: 1800 55 1800

Parentline: 13 22 89

Lifeline: 13 11 14

Safe steps: 1800 015 188

Mens Referral Service: 1300 766 491

How to explain COVID-19 to teens (13-18 years)

- Find out what they already know, e.g. 'Are people at school talking about coronavirus? What are they saying?'
- Offer comfort and honesty:

-Don't offer more detail than they are interested in.

-If you don't know the answer to their question look it up together (<https://www.dhhs.vic.gov.au/coronavirus>)

-Give them the space to share their fears, let them know that kids don't seem to get as sick as adults.

-Reassure them that they can always come to you for answers or they are worried.

-Explain the importance of physical distancing and following the directions from the government at this time

- Help them feel in control:

-Teach them that getting a lot of sleep and washing their hands can help them stay well and helps stop the virus from spreading.

-Explain that death from the virus is still rare

-Let them call or skype their older relatives if they are worried about them.

- Keep the conversation open so they know they can talk with you about their worries or questions.

from: Unicef Australia, 2020

Pay
Kindness
Forward

Parenting tips during a pandemic

Keep routines

We all thrive on routines and in this situation they can provide young people with some normality. Plan a rough daily routine with times for different activities: school work, exercise, chores, creativity or free play, and time on digital devices.

Help them get exercise

Many sporting activities have been cancelled for this season. Yet exercise is critical for young people's physical and mental health.

Teach life skills

Take this break as an opportunity to teach your teenagers skills they will need in the future such as: doing laundry, ironing, cooking a meal or washing the car

Think beyond TV and movies

TV and movies are great, but there are so many other fun and engaging activities you can do together. Perhaps you could learn a new skill? Youtube has thousands of videos, or maybe take a virtual excursion, such as those offered by many museums and zoos around the world.

Encourage hand washing

With soap and water for 20 seconds (or the length of the 'Truth Hurts' chorus by Lizzo) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom.

Self care for you

The goal is not to just survive this break, but to thrive. If you are feeling overwhelmed, turn off any media for a while. Overexposure to frequent news reports about coronavirus may be anxiety-provoking and stress-inducing, particularly for children. Instead, be mindful and think about the things that you can smell, hear, taste, feel, and see, and this will help move your mind to the present. Focus on the things that are in your control.

- Make time to unwind. Try to do some other activities you enjoy.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

