



QUARAN-TEEN-ED

Covid-19 Quarantine Activities for Teens

Get Plugged In!

- Start a virtual club (reading club, movie critics club, etc.)
- Create a dance video / challenge your friends!
- Schedule a virtual celebration / party / graduation
- Schedule a virtual talent show and include both performers and judges
- Organize group chats / weekly calls / video calls (Zoom / Facetime)
- Create a podcast / Teen Talk
- Create a new playlist / update current playlist / check out a new genre of music
- Tour another country / check into their culture / check into their typical teenager activities
- Take a virtual class (cooking, meditation, etc.)
- Learn a new skill (juggling, doing a handstand, etc.)
- Workout / learn a new method
- Discover mindfulness / journaling / meditation

Take a Break and Unplug!

- Organize a neighborhood hunt (pictures in windows for walkers)
- Create a sign for heroes
- Write a letter to heroes
- Try your skills with an adult coloring page
- Write an actual letter to someone important
- Connect with at least one person / brighten someone's day!
- Workout / learn a new method
- Begin a mindfulness journal / :10 of gratitude each day
- Create a self-care day / spa day
- Plan and cook a meal for the family
- Learn a new skill (juggling, doing a handstand, etc.)
- Tell a ghost story
- Clean out a closet / drawer / garage
- Paint / tie-dye shoes
- Go old school! / puzzles / board games / set up a family tournament
- Get outside! / hula hoop / jump rope / use sidewalk chalk to write a positive message for others

List provided by the **CLASS Parks Teen Program** which is part of the City of Los Angeles Department of Recreation and Parks.

The City of Los Angeles Department of Recreation and Parks has 37 teen clubs spread throughout the city located within our recreation centers.

These teen clubs provide year-round safe, supervised after-school and weekend enrichment, as well as educational, recreational, vocational and adventure-based programs for youth 11-17 years of age.

Stay Connected! Link in bio!

www.laparks.org/classpark

<https://www.facebook.com/CLASS-Parks-Teen-Program-246812249353728>

[@lacityparks](https://www.instagram.com/lacityparks)

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#classparks #ParkProudLA #SaferAtHome #LALove

