

Youth Activity Ideas for during COVID-19

Gr. 7-12

- 1. Start indoor seeds for a beautiful summer garden:** Make a list of herbs, vegetables or flowers you'd like to have in your garden, order the seeds and equipment online (with your parent's help and permission) and learn how to grow a garden.
- 2. Netflix Party:** Did you know you can have a Netflix Party? Netflix Party is a way to synch the shows you're watching with your friends so you can watch a series together. So, set a date with your friends and stay connected while you enjoy some Netflix fun. Here's the link on how to get your party started: <https://www.netflixparty.com/>
- 3. Learn how to cook:** If you haven't learned how to cook, now's the time. Not only will it help your parents/guardians out, but it's also a great life skill to have. So, find a few recipes that interest you and give it a whirl.
- 4. Virtual Museum Tours**
If you love going to the museum, check out these virtual tours!
<https://www.todocanada.ca/museums-virtual-online/>.
- 5. Spend time reading:** Sometimes we get too busy and our body needs a break. Find yourself a quiet, calm space - a space you feel relaxed - pick up one of your favorite books and spend an hour reading.
- 6. Start a gratitude journal:** Find a journal to use and write 3 things you're grateful for every morning and every evening. The impact it will have on your mental health is stunning. Enjoy!
- 7. Create a list of activities** you would like to do with your family. Grab a piece of paper and a pencil and start writing out all of the activities you can do during this isolation period.
- 8. Create a family routine:** Sometimes when we don't have a routine, life can seem a little wonky. Work with your family to create a routine that allows you to have fun, continue to learn and feel a little more regulated.
- 9. Make a comic strip:** Start writing and drawing a comic strip for a new Superhero you create. Make it a series! Share your comic strip with your family, friends and classmates and ask them to create their own comic strip to be shared.
- 10. Create a new music playlist:**
Take some time and find at least 20 songs that make you happy, make you dance and bring you joy. Create a new playlist and add all of your songs to a "Finding Joy" playlist.



Activity Links & Apps

Drawing:

[Art for Kids Hub](#)

Painting:

[Yaymaker](#)

[Zealous Art](#)

Crafts:

[Free Kids Crafts](#)

Yoga:

[Super Stretch Yoga](#)

[CITY SHRED](#)

Workout:

[Hy-vee kids fit](#)

[Obe Fitness](#)

[CITY SHRED](#)

Meditation:

[Mindful Powers for Kids](#)

[Smiling Mind](#)

[Calm](#)

