

# Self-Care for Teens

Blow bubbles <a href="#">Recipe for homemade bubble solution</a>	Play a board game 	Make a list of your accomplishments	Meditate <a href="#">10 meditations for pre-teens and teens</a>	Take an online course <a href="#">List of classes for teens classcentral.com</a>
Do a crossword puzzle <a href="#">NY Times Student Crossword Archive</a>	Fly a kite 	Look at family photo albums	Play with a sibling	Go <a href="#">stargazing</a> 
Play with your pet; teach it a new trick	Do an arts and craft activity	Do yoga <a href="#">Free yoga classes for teens via youtube</a> 	Meditate <a href="#">10 meditations for pre-teens and teens</a>	Ride your bike 
Draw or color <a href="#">Zentangles, Mandalas</a>	Write in a journal 	Read <a href="#">inspiring quotes</a> 	Drink a cup of tea 	Do your laundry 
Take a virtual tour of <a href="#">Yellowstone National Park</a> or <a href="#">Yosemite National Park</a>	Take a virtual tour of the zoo or the aquarium: <a href="#">San Diego Zoo</a> , <a href="#">Georgia Aquarium</a> , <a href="#">Monterey Bay Aquarium</a>	Take a virtual museum tour <a href="#">over 2,500 tours available</a>	Put down your phone for an hour, an afternoon, or a day 	Find 2 books you want to read <a href="#">Goodreads book lists for teens</a> , <a href="#">Sora app</a> - access ebooks via school libraries
Play a card game 	Declutter your bedroom	<a href="#">Learn a few phrases in a new language</a>	Cook with a parent	Turn up the music and dance
Write a poem/short story/song	Make a playlist of your favorite songs	Bake something for your family	Take a nap 	Make a list of goals for yourself
Plant a garden 	Write a letter to your future self	Talk to a friend <i>friends</i>	Go for a walk or a <a href="#">hike</a>	Make a list of things you like about yourself
Draw or paint a picture	Do a puzzle	Play an instrument	Play a board game	Make a funny video
Watch a movie 	Go outside and watch the birds and squirrels	Take a virtual tour of a farm @ <a href="#">Farmfood360</a>	Take photos of nature	Listen to your favorite songs 