

# QUARANTINE ACTIVITIES FOR ADOLESCENTS

1

## FAMILY KARAOKE

You and your kids get to showcase your performance prowess. It's good for your kids to see their parents being silly or in character.

It makes you more relatable which makes your kids want to share more of themselves with you.

2

## KIDS WRITE SHORT STORIES & RECITE THEM

Your kids get to use their imagination, writing abilities, humor and their voices. It's a fun way of them practicing their public speaking.

**NOTE:** Please DO encourage them to speak clearly and loudly, BEFORE or AFTER they have recited their stories. It is important that you NOT interrupt them or criticize them while they're reciting their stories. It will diminish their enthusiasm and destroy their confidence.

3

## FAMILY QUILT

This is time to reminisce about what those old clothes and why they are special. It could be old clothes from a vacation, baby clothes or old sports uniforms whose memories you want to savor.

4

## GENEALOGY STORIES

Stories of ancestors help children understand where they came from and helps them feel more grounded in their familial identity. What positive character traits do you see in your children that some ancestors had? What did they do with them?

**NOTE:** If your children are adopted, share these stories with them AND also, share some stories of historical figures or events from where they came from if you can find some. Look to Bible characters they can relate to as well. Focus especially on character building stories.

**Example:** Your great grandfather, Thomas, was a very determined man. He would never give up when many people told him he would work in the coal mines like everyone else. He decided he was going to do something different, worked hard and got into college. He became an engineer for Boeing.

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## 5 FAMILY PRAYER TIME

Praying together daily will help your children feel united in spirit as a family. They will also learn how to express care for their family and others by praying for them. It will also help them to connect to God in their own hearts. Also, kids have a tendency to reveal their innermost thoughts during prayer. It might be helpful to understand how they are feeling and how to help them during this time.

## 6 FAMILY THEATRICAL PLAY

Creating a play together will build teamwork, creativity, patience and leadership. It will give everyone the opportunity to contribute their talents (some hidden ones) in order to make it fun and successful. Film it and send it to your family & friends.

## 7 FATHER/DAUGHTER CHESS

Any activity that allows one-on-one time with each of your children is good. Your child feels so special when you take the time to interact with them this way.

## 8 FAMILY QUOTE BOARD

Posting funny sayings just keeps everyone's hearts and minds engaged in a playful way. It's a celebration of everyone's personalities & funny moments in the family.

## 9 FAMILY THEME DAY

This sparks everyone's creativity and originality as they come up with unique ideas. Encourage everyone to embrace and participate in the family theme days. Even if your kids are skeptical of them at first, they will start to have fun and run with it!

**Credit goes to Sara-Jane Biggart for this idea.**

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**10**

## **FAMILY MUSICAL CONCERT**

Playing together will encourage family unity. It might require lots of patience and encouragement but the reward will be great as you play a piece together.

**11**

## **HELLO & GOODBYE IN DIFFERENT LANGUAGES**

It will engage you and your children's language abilities and connect you to the world through greetings. It will make for some hilarious family moments as you practice the various pronunciations together.

Go further and learn about the traditions, foods, flags and capital cities of these countries.