



Quarantine Checklist for Teenagers

Date: _____

Physical

- _____
- _____

Every day you must do two physical things. Examples include: going for a run/walk, lifting weights, doing sit-ups, jumping jacks, online workouts, yoga, or even making a TikTok.

Social

- _____
- _____

Social relationships are important now more than ever! One of your biggest jobs as a teenager is to navigate relationships with peers. Each day, Facetime a friend, Snapchat someone or play a video game with a group of friends (virtually of course).

Emotional/Psychological

- One way you were kind: _____
- One thing you are grateful for: _____
- Other thoughts and feelings: _____

Research shows that one of the most effective ways to be psychologically healthy is to practice kindness and gratitude. Each day try to do at least one kind thing and identify one thing you're grateful for. All of your feelings are important, so acknowledge those too!

Academic/Intellectual

- _____
- _____
- _____

Your school is likely going to give you work to do, but even if they don't, your education is still a basic priority in your development. Do three things academic or intellectual a day. Suggestions can include: looking at college applications/requirements you're interested in, do lessons or SAT prep on Kahn Academy, journal about your experience during COVID-19 (your grandchildren will be asking you one day!), take a virtual museum tour, conduct an at-home science experiment, build something, etc.

Chores

- _____
- _____

So, everybody is home more. This means more messes. Plus, sanitation and cleanliness is more important now than ever. Be prepared to chip in and do chores around the house.

