

QUARANTEEN IDEAS

how to shelter in place with teens and tweens

Staying home for an extended duration with teens and tweens poses a different challenge for parents and caregivers - here are a few ideas to create connection, learning, and maybe some fun

PLANTING

Nurseries will deliver plants or you can order seeds on line. This requires research on plant behavior, following directions for spacing (math for measuring), and ongoing care. Use your yard, a pot, even empty soup cans to start.

BUILDING

Start simple - maybe a box to use as storage or a computer stand. This one may require power tools depending on how complicated you go, but you can do a lot with a hammer and nails! And again, measuring, planning, and following directions!

COOKING

This is the very best kind of science. Make cookies. Make oatmeal. Make spaghetti. Anything - this is measuring and following directions and science, all rolled into one.

LEARN THEIR GAMES

Does your child love Minecraft? Roblox? Join in - even if it's only 15 minutes - have them tell you how to play, what steps to take - this will work on their sequencing skills and their ability to explain a process.

DANCE PARTY

Take turns choosing songs...you have permission to introduce them to the hits of the 90s...and in return you may have to dance to Lizzo or Post Malone...but this totally counts as PE!

LIFE SKILLS

Cleaning...yard work...laundry - these are skills you teen/tween needs. And these all require following directions and attention to task. Some require sorting and sequencing as well.

MAKE A MOVIE

This could be a movie of a virtual scavenger hunt...or a real movie...or a music video...but it has to tell a story (sequence) and have characters! This could also translate into writing a script which can work on handwriting and typing!