





QuaranTEENS Grid

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During the week, see how many of the activities you can do. Colour the grid square to show the activities you have completed.

Watch and follow along with a yoga video	Call your grandparents and ask them what they did for fun as teenagers	Watch a YouTube video to learn a new skill and practice it each day	Write a list of 100 things you want to do, learn and experience in your lifetime
Read a book from your childhood	Write a card for someone you have not seen lately 	For a week, write down 3 things you are grateful for each day	Play card game with a family member 
Paint a picture 	Learn some common phrases in another language 	Use chalk to decorate the pavement outside your home	Create a photo montage of a day in the life of lockdown
Make and post your own TikTok series	Write your CV so you can get a job after lockdown	Make a phone or video call to a family member	Draw pictures of your friends as cartoon characters