

Lockdown with twens and teens





The teen years are a long road to independence and gradually moving away from your family. Yet, during the current lockdown many young people are suddenly back into the heart of the family, whether or not they want to be.

At a time when they want more control over their lives, they've suddenly got less.

ADAPTING TO CHANGE

Get organised

Set a routine that everybody's happy with. Discuss with each other how to arrange your days and what new ways you can all achieve what needs to be done. Such as exercise, work, schoolwork, friends time and relaxing time.

Encourage responsibility

Digital technology will probably be used more now than ever before. That's fine. But it's important that boundaries are set so their responsibilities still get done. This includes looking after their health and getting enough sleep, too.

Respect privacy

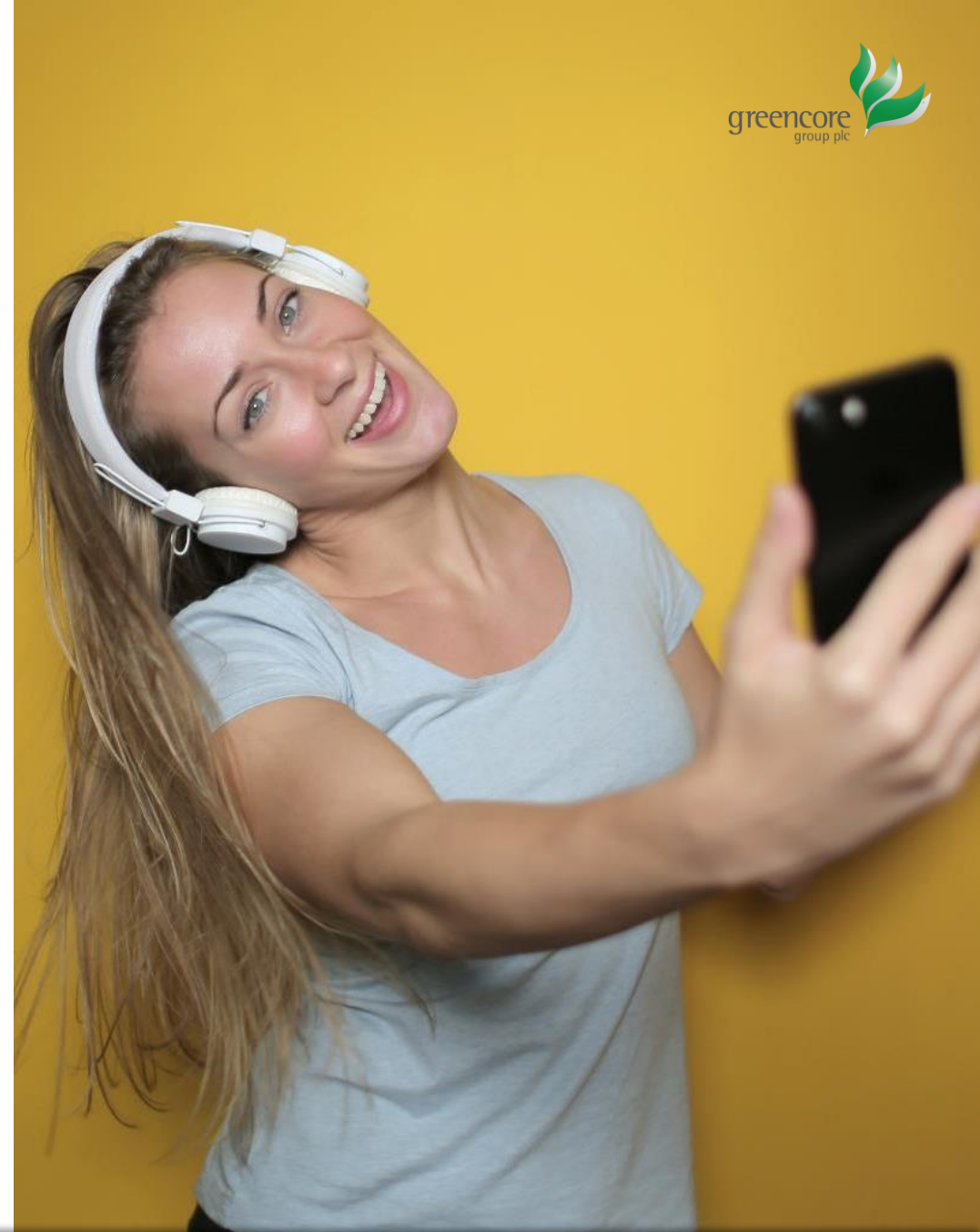
Everyone needs privacy. Make sure each family member has a place they can go to that's private, where they can take some time out when needed.

Check in daily

Take time each day for at least one parent to check in with the child. This gives them an opportunity to share any worries or concerns and is beneficial for both the child and the parent.

Encourage friendships

Although children of this age are used to staying in touch through social media, it's still important to encourage them to stay in touch with people who are important to them, so their support network remains strong.



LOCKDOWN ACTIVITIES

There are plenty of things tweens and teens can do to keep themselves occupied, and even some that might allow their parents to spend some precious time with them. (Which is a bonus, as we all know they don't want to hang out with their mum and dad!)

Creative activities

- Take an online photography course
- Learn to touch type
- Build a website
- Create an Anime
- Write a letter
- Start a podcast
- Create art for their rooms - get a giant canvas from Amazon
- Make a photo book
- Decorate a room
- Make a time capsule

Household activities

- Cook dinner
- Meal plan
- Do the laundry
- Mow the lawn
- Learn DIY
- Wash the car
- Learn car maintenance



Useful activities

- Learn to sew
- Learn First Aid
- Research jobs and plan a career
- Create a CV
- Make a business plan
- Start a LinkedIn profile
- Apply for work experience
- Plant a veggie garden

Academic activities

- Watch a TedED
- Learn a new word from the dictionary
- Read up on student loans
- Learn a language
- Learn to play an instrument
- Take an Open University Course
- Plan a holiday

Fitness activities

- Play Just Dance
- Try the Couch25K app
- Free live personal training on Facebook
- Yoga with Adrienne - online
- Follow the Headspace meditation app
- Complete a Strava bike ride
- Learn to spin a basketball on your fingertip
- Learn to juggle
- Have a nerf gun battle



Fun activities

- Go to the theatre - [National Theatre](#) are showing free productions every Thursday at 7pm
- [Online quiz night](#)
- Camp out if you have some outside space
- Complete a Rubik's Cube
- Search Rollercoaster POV online
- Do a jigsaw
- Play a board game
- Have a homemade pizza party
- Have a film night

RECOMMENDED PODCASTS FOR TEENS IN LOCKDOWN

[In Our Time](#)

Find something that interests you in these engaging podcasts about all elements of the world. Listen to Melvyn Bragg talk about history, culture, philosophy, religion or science.

[Stuff You Should Know](#)

This thrilling podcast on iHeart Radio offers you answers to the big question such as: 'How COVID-19 works', 'Could a Robot Tax Win the War on Poverty?' and 'Was there a real King Arthur'.

[Teen Girl Talk](#)

If your adolescent girl is crazy about movies and books, then this podcast for teens that explores all things media, could be just the thing.

[Science Friday](#)

Known as 'Sci Fri' to its fans, this is the best podcast for curious science lovers. They show you the latest discoveries and talk all things science, plus they upload every Friday!



We're all in this together
