

# TEEN SUMMER ACTIVITIES

## MUST DO at least 20 minutes:

1. Read
2. Write in journal
3. Practice something (guitar, card tricks, typing, etc.)
4. Exercise (run, lift weights, ride bike etc.)

## PICK 2 each day for at least 20 minutes:

1. build Legos
2. ride bike
3. go to friend's house
4. research something
5. paint or draw something (ie. comic strips, superhero/villain, etc.)
6. walk the dog
7. take pictures
8. make a music video
9. do a science experiment
10. write a letter to someone
11. plan scavenger hunt for sibling
12. write a story/start writing a book
13. find something to bake or cook
14. exercise/go running
15. practice Spanish (other language)
16. bake cookies
17. make a target for shooting practice
18. do/start a puzzle
19. play solitaire
20. learn a new skill
  
21. DIY project (look on Pinterest for DIY for teens)
22. Make dinner

23. Fly a kite
24. Read to sibling
25. Go to High School summer baseball game
26. Go to local college summer sport game
27. Make a homemade pizza
28. Make a picnic and take sibling
29. Go to the waterpark
30. Play basketball at park
31. Play street hockey
32. Play baseball (catch/pitch)
33. Complete a crossword puzzle
34. Plant veggies or flowers
35. Write a letter and send to someone deployed
36. Set up tent in backyard to camp in
37. Fill up water balloons to play war with sibling
38. Attempt a world record
39. Have a water gun fight with sibling
40. Scavenger hunt
41. Research a country
42. Complete a word search
43. Read to sibling
44. Make no bake cookies or energy balls
45. Feed the ducks
46. Make a card and send to someone
47. Make an obstacle course to go through with brother
48. Plan and set up a family movie night
49. Make a school bucket list
50. Plan obstacle course for sibling