

STAYING CONNECTED WITH YOUR TEENAGER

during Covid restrictions

SHARE INTERESTS



- compile music playlists, album of the week
- shop online together
- go for a run, walk, kickabout or cycle together
- set quizzes – about each other or on specialist subjects
- watch teenager V parent's choices of films, music videos
- watch documentaries on history, politics, nature
- fix, build or create something together

BUILD NEW SKILLS



- learn some basic DIY tasks
- pick out new recipes and cook together
- attend an online course together
- teach parent about online games, social media apps
- set-up and coach parent in an exercise routine
- teach a sibling a new skill

CHAT TOGETHER



- make the most of mealtimes
- build rituals – daily gameshow, comedy, crossword
- share and review favourite books, TV, films, apps
- 1:1 games - cards, chess, scrabble
- family boardgames, guess the intro, blind taste tests
- meet up with others/ extended family in your bubble

SPECIAL EVENTS



- celebrate upcoming sporting events on TV
- themed weekends – food, games, costumes, music
- 'Come Dine with Me' evening
- day-long adventures - hikes, campouts, fishing
- plan a party - teen plans it with a given budget
- nostalgia evening- slideshow photos and videos
- spa night/ games night/ cards night

FAMILY PROJECTS



- journal, vlog, podcast your nature, craft, photo, DIY projects
- research family history – interviews, record stories
- make your garden or locality more nature friendly
- grow food or pollinator friendly plants
- declutter/rearrange a space - paint furniture, add murals
- weekly prize challenges - best photo/prank/meme/ joke

MAKE PLANS



- make a schedule for the week ahead
- compile a shopping list of food for new recipes
- list different options to stay connected with friends
- research possible outings for when restrictions ease
- plan and manage a budget for a future holiday
- pitch plans on a powerpoint presentation