

SUMMER IDEAS

for teens



EXERCISE

Run
Walk
Lift weights
High fit
Workout video
HIIT training
Push ups
Sit ups
Abs
Biking

SERVICE

Yardwork for someone
Deliver a dessert
Make dinner
Create a scavenger hunt
Bring in garbage cans
Write a thank you note or email
Call a grandparent
Heart attack a door
Pick up litter
Help a sibling
Teach something

PEACE

Yoga
Meditation
[Journal](#)
Scriptures
Prayer
[Hammock](#)
Boredom

WATER

Swimming
Lake
Kayaking
Sprinkler under tramp
Fishing
[Water balloons](#)
Water fight

PHYSICAL

Basketball
[Pickleball](#)
Tennis
Hike
Soccer
Play catch
[Kan jam](#)
[Kubb](#)
[Croquet](#)
[Bocce ball](#)
[Spike ball](#)
[Wiffleball](#)
Tramp
Frisbee
Dance

ART

Paint
Draw
Make slime
Craft
[Woodworking](#)
[Leather work](#)
[Doodle Crate](#)
[Friendship bracelets](#)
[Boondoggle](#)
[Loom](#)
[Crochet](#)
Make Play Doh
Sidewalk chalk
Organize photos
[Make a Chatbook](#)
Make a scrapbook

EDUCATION

Read
Khan Academy
ACT Prep
Coding
Summer school
Write a story or a poem
Make a savings plan
Create a game
Watch a TED talk
Listen to a podcast
Family history
[Colorku](#)
[Rubix Cube](#)

PLAY

[Legos](#)
[Snapcircuits](#)
[3D Metal Earth](#)
[Puzzle](#)
[Yo Yo](#)
Board or card game
[Tinker Crates](#)
[Kanoodle](#)
[Catapult](#)

MUSIC

Piano
Write a song
[Guitar](#)
[Ukulele](#)
You tube voice lessons
Edit your playlist
Create a playlist
Listen to music
[Thumb piano](#)

COOKING

Plan lunches/dinners for the week
Bake a dessert
Bake bread
Cook dinner
Make Popsicles
Shop for groceries

