RAISING Resilience

Bored? Pick an activity!

- Things you can do without help -

Tweens & Teens

- Compose a song on your instrument

- Bike or walk to the library, pool, or approved hang out spot (ask Mom first)

- Fix or clean something around the house or in the garage

- Set up a home spa day

- Make a home movie with friends

- Write a poem, book, or short story

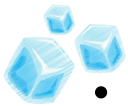
- Draw or paint a portrait or landscape

- Make a picnic lunch or cook a meal

- Repurpose recyclables or old items - turn them into something new

- Create a collage using pictures from magazines and catalogs

Ten & Under



- Make colored ice cubes using juice

- Freeze Lego characters in ice cubes and have a character ice battle on a cookie sheet

- Make a bean mosaic on wax paper

- Hunt for bugs outside

- Call a grandparent, aunt, or uncle

- Create a comic book

- Have a Hula Hoop contest

- Have a sidewalk chalk art contest

- Put on a paper bag puppet show

- Build a fort

- Create a circus routine