



CHILL TIME ACTIVITIES FOR TEEN AND TWEENS

1

Listening to music

2

Meditation and breathing exercises

3

Folding paper origami

4

Taking a nap

5

Logic and table puzzles

6

Drawing, painting, knitting, or weaving

7

Journaling or scrapbooking

8

Cooking a new recipe

9

Redesigning your bedroom

10

Streaming wildlife and museum webcams

11

Coloring

12

Reading a book outside

13

Planting an herb garden



[Remote Learning Resources](#)

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