

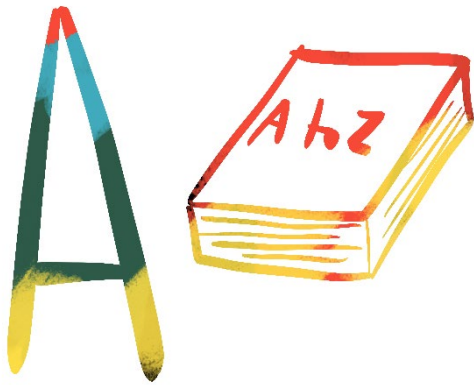
high
school

ACTIVITY ALPHABET

An A to Z of connecting activities
for families to share at home



Animation fun or A – Z activities



Learn to make a stop motion animation together with a smart phone or tablet, using one of the many online tutorials.

Or, how about coming up with your own A – Z of different things? Maybe the A – Z of animals, book titles, movies, celebrities, feelings words, song titles, singers/bands? You could do it together or see who can fill the alphabet first.

Beauty salon or Basketball shots

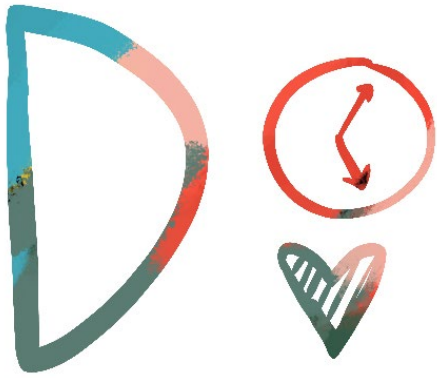


It may be that not everyone in the family wants to be a part of a beauty salon, but doing make up classes, hair styling sessions or facials can be a great way to do something relaxing together. For the indoor basketball shots, If you don't have a mini basketball, roll up some socks together, or scrunch up some paper and take shots from the couch towards a bowl or bin or spot on the wall.

Cooking or Challenges



The internet is certainly not short of recipes to try, cooking is a great way to make sure everyone is involved in meal planning. Challenges you can set are many and varied and could include who can do...the most, the longest, the loudest, the least...whatever, you could all get a chance to pick. Prizes are optional!



Donate

Donate your time to together research and support a cause you both believe in.



Eating games

Having fun with food can be a great way to spend some time. How about having a bowl of grapes or strawberries each while watching tv and whenever a character says a word you have chosen, you need to eat a grape? Or what about a spaghetti sucking game? Who can suck up the biggest bowl of spaghetti?



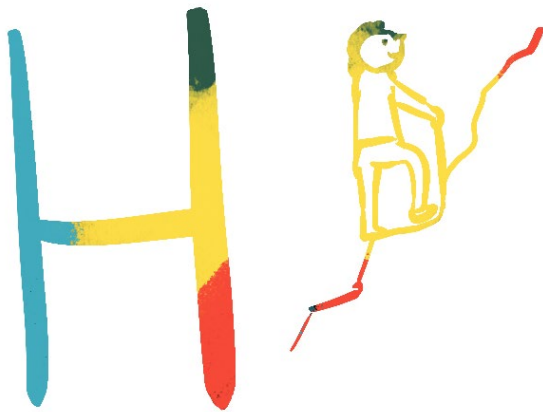
Find out about

Encourage your teen to find out about their grandparent's lives as teenagers. How much have things changed being a teenager now, compared with generations past?



Golf or Gifs

It could be fun to set up a golf course around the house – whether inside or outside. And, in this age of technology, the explosion of gifs and memes has been extensive. Help your teenagers to design some, well actually – they could help you!



Hike your Hood

Check out your preferred map app, and plot a hike around your area together including paths that you don't usually take.



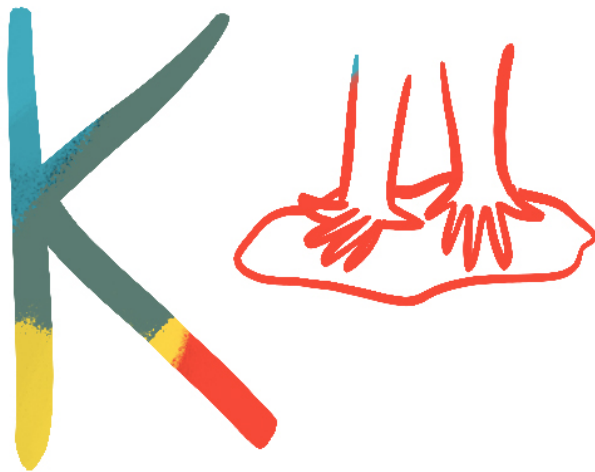
Instagram or internet

Perhaps take some time to find the funniest thing you can on each.



Joke-off

This is a game in pairs. You each need to prepare some jokes and then read them to each other until the first person laughs (they lose the game).



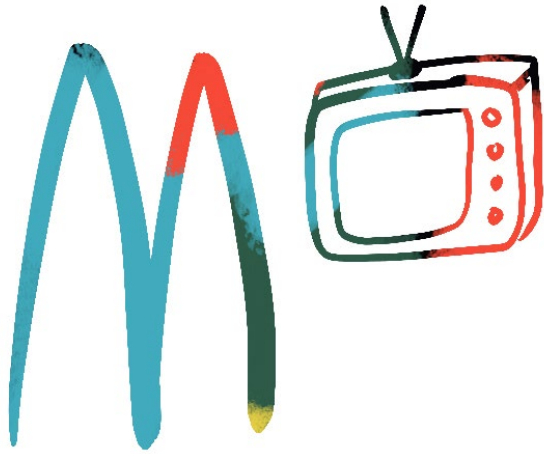
Kneading bread or Kahoot Quizzes

Kneading bread is a very good calming activity that has a tasty outcome as well. Kahoot quizzes can be fun and educational. Your teen is probably familiar with the app, they might be able to introduce you.



Learn a language

Perhaps your teenager can teach you the language they are learning at school. Or if they're not, you could both learn a new language together, or as a whole family.



Movies, memes, or 'Minute to Win It' games

Pick whichever works for you on the day. There are many examples of 'Minute to Win It' Games online.



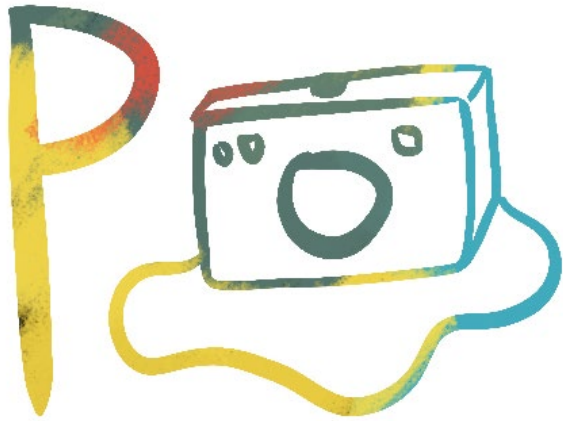
Never have I ever

This game is like the old 'truth or dare' but without the dare component. It is best played with the whole family. Someone says 'Never have I ever....eaten dirt in the garden' (as an example). Those who have also eaten dirt at some point raise their hands, those who haven't, don't. The discussion that follows can be both insightful and hilarious.



Origami or 'Olden days' activities

Think back to some of the things we used to do as children and teenagers and engage your teenagers in those. Examples could include letter writing, reading magazines, making a mixed tape (or Spotify playlist these days) or whatever stands out for you....that you want your teenager to know about from your teenage years!



Pedicures, Picnics or Photography

Offer your teen the opportunity to curate their electronic photo collection for their top 5 photos and get them printed out. Frame them together.



Quiet time

Sometimes just being beside your teenager is enough, we don't have to fill the silences. They don't feel judged or pressure to engage but enjoy the opportunity to spend time with you (even if they might not say it!)



Room re-design or Restaurant

Offer to be involved helping your teen to re-arrange or re-design her/his room. For those with budding masterchefs, an at-home restaurant might provide an opportunity for them to set and cook their own menu for the family.



Sunrise or Sunset

The sky puts on these two shows per day for all of us. Depending on your body clock you might like to find a good spot to sit quietly together with a hot drink and watch the sun coming up or going down.



Teaching time

Let your teenager teach you something. It's a great opportunity for you to step back into the role of the student and let them take the lead.



Uploading family adventures or memories

Utilise the skills your teenager already has in the virtual world by getting them to upload photos or videos into applications that can create photo books or organise an upscale version of a family slide night at your place.



Virtual Visits

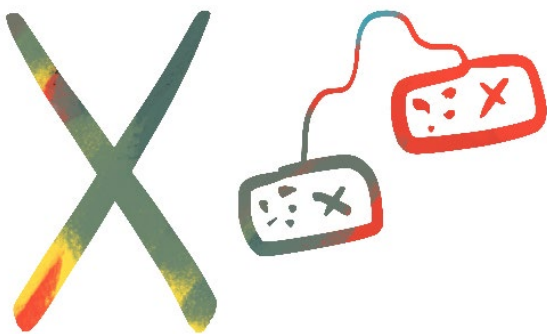
Many museums, galleries, zoos and other institutions around the globe offer virtual tours of their spaces.

From the comfort of your couch you and your teen could visit Paris, New York, or London for a wander around the galleries.



'Would you Rather?' or Wikipedia Race

'Would you Rather' is a game that groups can play that gives you a choice between two options – which can be funny, dramatic or just silly. Eg: Would you rather: Wash the dishes or dry the dishes for the rest of your life? Breathe like Darth Vader or speak like Yoda? And the Wikipedia race? Follow this link to explain it https://en.wikipedia.org/wiki/Wikipedia:Wiki_Game



X-box

While not promoting any particular brand, sometimes just playing games on screens is a great way to connect. The key thing is to do it together.



Youtube

Find a new channel to watch together and binge watch all of the videos together.



Zzzzz

Sometimes, just snuggling up on the couch in front of the TV and falling asleep under a big, soft, fluffy blanket or doona is the best way to spend a few hours together.



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