

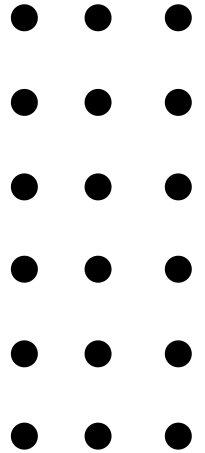
#BRENTSCLUB

Teen Wellness Mag

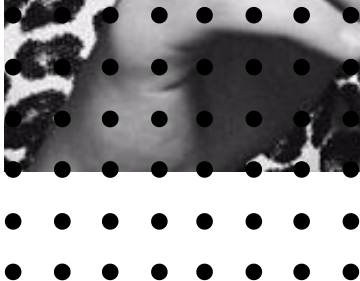
COVID-19
SELF CARE
GAMES
RECIPES
& MORE

Try
SOMETHING
new

MARCH
1ST ISSUE



THINK
OUTSIDE
THE
BOX



YOU CAN
DO ANYTHING.



BOYS & GIRLS CLUB
OF MALIBU
Wellness Center



THE
BRENT SHAPIRO
FOUNDATION
FOR DRUG PREVENTION

Table of Contents

Page 1	– About this Magazine
Page 2	– Contact Us
Page 3	- About COVID-19
Page 4	– Brent’s Club: Self-Reflection
Page 5	– Brent’s Club: Drug Prevention
Page 6	– Brent’s Club: Word Search
Page 7	– Washing Your Hands
Page 8	– Personality Quiz: Know Your True Color
Page 9	Movie Unscrambler
Page 10	– Healthy Smoothies
Page 11	– At Home Workout Plan
Page 12	– Self-Care Activities
Page 13	– Yoga Basics
Page 14	– Mindfulness Meditation
Page 15	- YouTube Channels + Gaming Websites
Page 16	– Harry Potter Trivia
Page 17	– Self-Isolation Activities
Page 18	– Stop Cyberbullying
Page 19	-- Gratitude Journal
Page 20	– Additional Journal Prompts
Page 21	– A Letter to Teens

About This Magazine

The Wellness Center at the Boys & Girls Club of Malibu has put together this magazine to help begin the discussion about COVID-19 and teen wellness. These times are confusing for everyone in different ways, but we are here to help.

This magazine is most useful when used with informative conversations with your parents and peers. The activities in this magazine are great to use during this time of crisis to help stay busy and engaged. We have put together worksheets that allow youth to easily express how they are feeling and how they are dealing with these life challenges.

Parents: below is a link to some parental guidelines to remaining calm during this pandemic.

<https://www.connecticutchildrens.org/coronavirus/strategies-for-parents-to-keep-calm-and-carry-on-during-covid-19/>

1. Take great breaks
2. Maintain connections to loved ones
3. Teach your child to value community
4. Create celebrations to look forward to
5. Give yourself a time out
6. View this as a gift and allow yourself to slow down

Remember, every individual deals with stress and crises differently. Please be open and caring to others' coping methods.

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Contact Us



TEXT NOW is helping teens talk about mental health challenges via text!

Text Now for teens is free support offered by the Boys & Girls Club of Malibu Wellness Center and Brent's Club of Malibu. From where ever you are and whatever you may be dealing with, we have trained interns and licensed Mental Health Counselors ready to help you. It is a safe, non-judgmental space where you can anonymously text your issue at any time and get support. Through actively listening and collaborative problem solving we can help you find some peace and calm.

Text Now for Teen allows teens to text about anything from anxiety about Covid-19, depression, relationships, family issues, school...whatever may be causing you stress or worry. Don't bottle it up – reach out and talk to a trained professional.

TEXT NOW 310-691-6523 available Monday through Friday 10am-1pm and 8pm-10pm.

***All messaging is confidential.**

Feel like chatting? Reach out! Let us know what you're up to!
Email: violetmiehle@bgcmalibu.org or randigoodman@bgcmalibu.org

Follow Us On Social!

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Twitter: [@bgcmalibu](https://twitter.com/bgcmalibu)

About COVID-19

COVID-19 is a new type of virus that is passed from person-to-person. It is being talked about a lot right now and can seem very scary. Although COVID-19 is serious, there are many things that we can do to help reduce the spread of the virus.

A virus is a pathogen that cannot be seen without special tools, so it is important to not touch surfaces without making sure that they are clean.

COVID-19 is similar to germs that lead to the cold and flu, but it is a little more easily spread. There is nothing to be afraid of if we all work together to stay healthy.

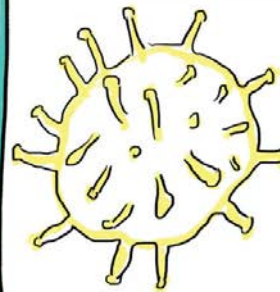
It's a word you might have heard at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people sick.

Coronavirus Facts



- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.

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SELF REFLECTION:

What motivates you to live a healthy lifestyle?

Who do you talk to when you have a problem? How do they help?

What are you grateful for?

**What things are in your control?
What's out of your control? How does
it feel to notice that some things are
out of your control?**

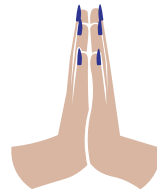
Brent's Club

SUBSTANCE ABUSE AND DRUG
PREVENTION DURING COVID-19

During times of uncertainty and fear people may feel inclined to turn to drugs and alcohol to cope. Here are some healthy ways to cope with stress, anxiety and fear:



SHOW
GRATITUDE



Set Clear
Expectations



READ

**Know your
triggers**

PRACTICE
SAYING NO!

Practice
self-care

Spend time
with your pets



**Keep in
contact
with
your
friend**



EXERCISE

Use your
support
system

Get plenty
of sleep

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POSITIVE
VIBES

#BRENTSCLUB

Life is good

D T B Y U C A I F S G F N O I P N D B J T F V G T S A F R X
X E S E O Q J Z W U J C F G I C S E R U S S E R P K L E A W
F Z T P D H A O L B D K C H T G O Y R D E O R V I M C C G O
R J I A S Y G Q E S D E P E N D E N C E Y B Z P V Q O V R I
K N Y D C K Q W S T A E L V M O G S B N H K G T U E H O E U
G K H A E I Q S M A Y B O Z L A P F B O T A J R M G O W X E
G S X M P Z X I U N G T M L E Q W I R U L S Y M S E L H N N
H N O A P O H O M C G S N C H O I C E S A Y L S M M P L Z Y
T U A C D P K X T E K O Z P J Z M M T E E H J L A C V Q J N
T H F T M D T B Y N I A Y J Q M H K E T H X P W D S N F B O
F L R H Y B I M E T I V L V D C C F S E T F M B Q C L Q T I
G O V Z L P C C N M M N F F K C I H R A A Q C O P M M D C T
V F Z W T W T E T J Y I U O Q M C E L T Z C C Z Y T W R E P
G V U X Y J V O P I G V H H P Y A I L O L T P O K G F U U I
E N X P G E X Z Y R O B H Q T C R N L L Y Y S Q E T W V B R
F P P Z R A O T V E T N Y B T S Z E U L B G A C J W P H E C
L C E P U I G T R B S E J I L W S A V B E Y E B Y D C U K S
E T P W M U H C H O N L O D C R L Z D O B G E D U W O Z U E
R C X S R E X Q E S G N V V X Z S Z O J C D A G C S J C E R
U J R D E A F Q U W W J U O X D B C R X U E J L W U B Q V P
P Q H W T E X T Z B D S O P C L V Q S S W T R B C R Q X Z Y
O H X F V I S H W S O I X I N F I H N S R G E W Y B O Y J W
Z B A F O C B U A K P O U S F L E S D O X H G C R H H F D Y
U N X P Z N M M B Q W P Z V O Z N P P J I J K E T Z F Y B K
I V S V I L R U X A K W G Q F O Z P J K C K F R A M Q S I W
X T V M R X F C Y I T H B W T W U H W Y X I G K X H V N J T
X C I E D C M P O G D K W E B S R C P S J L U R Z G N J Q K
W Z A Y Q T U U U H I Y H K O R Y Z C F Y H R P D G Q O W G
A C C F R Z M O M J A U E G W G D L D Z P K J Y Z Z A L N J
B Y G P F Y B D D D C M E S U S I M U X K P N D Y V T Y L V

Say
NO

ABUSE
ADDICTION
ALCOHOL
CHOICES
COPING
DEPENDENCE
DRUG
HEALTHY
ILLEGAL

MISUSE
PRESCRIPTION
PRESSURE
PREVENTION
REACTION
RECOVERY
SOBER
SUBSTANCE
SUPPORT
UNINTOXICATED

YOU'VE
TOTALLY GOT
THIS!

Washing Your Hands

Washing your hands is always important but we often don't know how to wash them properly. This page describes the best way to wash your hands. Color the page in and discuss why washing our hands is important to prevent the spread of COVID-19 and other germs.

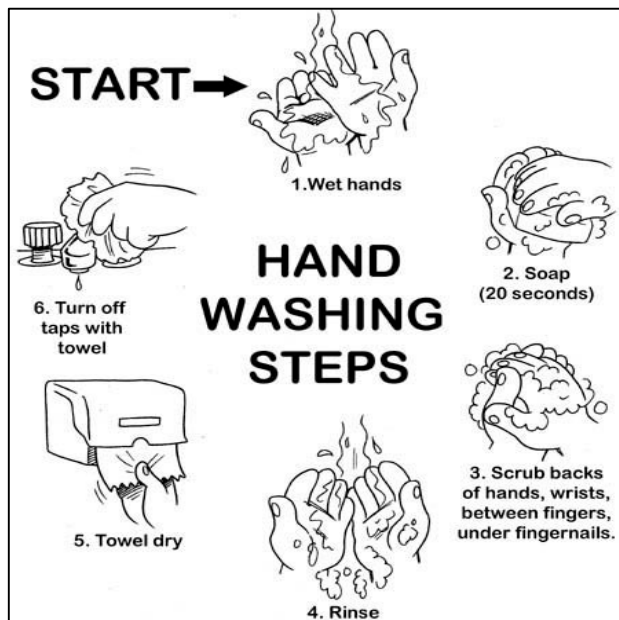
Hand Washing with Your Favorite Tunes

Sing these or one of your favorite songs while washing your hands to ensure that you are washing them thoroughly. How many of these songs can YOU sing without looking up the lyrics?

1. "Love On Top," by Beyoncé
2. "Truth Hurts," by Lizzo
3. "Jolene," by Dolly Parton
4. "Somewhere Over the Rainbow," from the Wizard of Oz
5. "The Sound of Music," from The Sound of Music
6. "My Shot," from Hamilton
8. "Karma Chameleon," by Culture Club
9. "Stayin' Alive," by The BeeGees (also a favorite song for performing CPR)
10. "Toxic," by Britney Spears
11. "Livin' On a Prayer," by Bon Jovi
12. "No Scrubs," by TLC
14. "Landslide," by Fleetwood Mac
15. Add your own songs!!



How to Wash your Hands



Steps:

1. Wet your hands with warm water
2. Put soap on both hands
3. Scrub backs of hands, wrists, between fingers, under fingernails for 20 seconds
4. Rinse with warm water
5. Towel dry your hands
6. Turn off water with the towel



Personality Quiz: Your True Color

ORANGE

ENERGETIC
SPONTANEOUS
CHARMING

GOLD

PUNCTUAL
ORGANIZED
PRECISE

GREEN

ANALYTICAL
INTUITIVE
VISIONARY

BLUE

EMPATHETIC
COMPASSIONATE
COOPERATIVE

Instructions: For Row 1, rank boxes A, B, C, D in order from least you (1) – to – most you (4). Repeat for each row. Add up the total score from each column in the colored boxes.
The color with the highest score is your “true color”

Row 1	A Active Variety Sports Opportunities Spontaneous Flexible	B Organized Planned Neat Parental Traditional Responsible	C Warm Helpful Friends Authentic Harmonious Compassionate	D Learning Science Quiet Versatile Inventive Competent
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>
Row 2	E Curious Ideas Questions Conceptual Knowledge Problem Solver	F Caring People Oriented Feelings Unique Empathetic Communicative	G Orderly On-time Honest Stable Sensible Dependable	H Action Challenges Competitive Impetuous Impactful
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>
Row 3	I Helpful Trustworthy Dependable Loyal Conservative Organized	J Kind Understanding Giving Devoted Warm Poetic	K Playful Quick Adventurous Confrontive Open Minded Independent	L Independent Exploring Competent Theoretical Why Questions Ingenious
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>
Row 4	M Follow Rules Useful Save Money Concerned Procedural Cooperative	N Active Free Winning Daring Impulsive Risk Taker	O Sharing Getting Along Feelings Tender Inspirational Dramatic	P Thinking Solving Problems Perfectionistic Determined Complex Composed
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>
Row 5	Q Puzzles Seeking Info Making Sense Philosophical Principled Rational	R Social Causes Easy Going Happy Endings Approachable Affectionate Sympathetic	S Exciting Lively Hands On Courageous Skillful On Stage	T Pride Tradition Do Things Right Orderly Conventional Careful
	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>	Score <input type="text"/>

Total Orange Score A, H, K, N, S <input type="text"/>	Total Green Score D, E, L, P, Q <input type="text"/>	Total Blue Score C, F, J, O, R <input type="text"/>	Total Gold Score B, G, I, M, T <input type="text"/>
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Movie Unscrambler!

Words that have a *star* in front of them have the correct first letter given to you.



1. CERKW / TI / LAHRP
2. HTE / TILTLE / MIDRAEM
3. IELEPDACBS / EM
4. SIRE / FO / HET / AUDGRANIS
5. OLTHE / *TVNAIAASRLY
6. IPCE
7. NINFGID / EOMN
8. ETH / DRSOCO
9. GRAMAADSCA
10. TRMOENSS / NIC
11. TEH / RXLOA
12. DANADLI
13. GMIMEADN
14. *FENNEIAEERKW
15. *CDLILANREE
16. ONOMKE / DAN / ILTUJE
17. APYHP / ETEF
18. *PNATOACHSO
19. PLAHA / NDA / GMEOA
20. *PRANMNOAAR

1. _____
2. _____
3. _____
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5. _____
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18. _____
19. _____
20. _____



1. Wreck it Ralph 2. The Little Mermaid 3. Despicable Me 4. Rise of the Guardians 5. Hotel Transylvania 6. Epic 7. Finding Nemo 8. The Croods 9. Madagascar 10. Monsters Inc 11. The Lorax 12. Aladdin 13. Beauty and the Beast 14. Frankenweenie 15. Cinderella 16. Romeo and Juliet 17. Happy Feet 18. Pocahontas 19. Alpha and Omega 20. Paranorman



Healthy Smoothies

INGREDIENTS

STRAWBERRY BANANA SMOOTHIE:

- 1 frozen banana
- 1 1/2 cups frozen strawberries
- 1 tablespoon chia seeds (optional)
- 3/4 cup milk of your choice

ORANGE CARROT GINGER SMOOTHIE:

- 1 frozen banana, or regular
- 1 cup fresh orange slices
- 1/3 cup grated carrot
- 1 tablespoon hemp hearts
- 1/2 teaspoon freshly grated ginger
- 1/2 cup milk substitute
- 1 handful ice cubes (optional)



MANGO SPINACH PINEAPPLE SMOOTHIE:

- 1 banana
- 1 cup spinach
- 1 cup frozen mango slices
- 1 cup frozen pineapple slices
- 1 tablespoon chia seeds
- 1 cup unsweetened milk substitute



AT-HOME WORKOUT PLAN

Monday

- 20 Seconds straight arm plank
- 30 Jumping jacks
- 15 Lunges
- 20 Bridges
- 20 Squats
- 10 Knee pull ins
- 15 Russian twists
- 20 Crunches
- 10 Seconds plank

Tuesday

- 25 Seconds straight arm plank
- 30 Jumping jacks
- 15 Lunges
- 25 Bridges
- 20 Squats
- 15 Knee pull ins
- 20 Russian twists
- 20 Crunches
- 15 Seconds plank

Wednesday

- 25 Seconds straight arm plank
- 30 Jumping jacks
- 15 Lunges
- 25 Bridges
- 25 Squats
- 10 Knee pull ins
- 20 Russian twists
- 20 Crunches
- 15 Seconds plank

Thursday

- 30 Seconds straight arm plank
- 30 Jumping jacks
- 20 Lunges
- 25 Bridges
- 25 Squats
- 15 Knee pull ins
- 20 Russian twists
- 25 Crunches
- 20 Seconds plank

Friday

- 45 Seconds straight arm plank
- 40 Jumping jacks
- 25 Lunges
- 25 Bridges
- 30 Squats
- 15 Knee pull ins
- 25 Russian twists
- 25 Crunches
- 25 Seconds plank

Saturday

- 50 Seconds straight arm plank
- 45 Jumping jacks
- 25 Lunges
- 30 Bridges
- 30 Squats
- 15 Knee pull ins
- 30 Russian twists
- 25 Crunches
- 25 Seconds plank

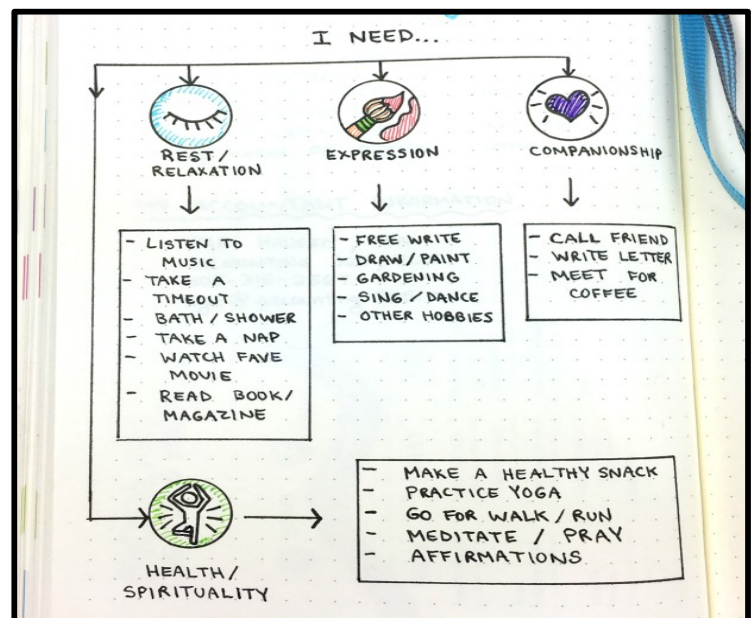
Sunday

- 60 Seconds straight arm plank
- 40 Jumping jacks
- 25 Lunges
- 25 Bridges
- 30 Squats
- 20 Knee pull ins
- 25 Russian twists
- 25 Crunches
- 30 Seconds plank



Self Care Bingo

Left work at a reasonable time	Worked out	Tried something new	(write in your own self care)	Went to bed at a reasonable time
Was kind to myself when I could have been hard on myself	Ate something good for me	Took a relaxing bath	Took quiet time	Read for fun
(write in your own self care)	Took a nap	Enjoyed a beverage of my choosing :)	Spent time outside	Vented to someone I trust
Made a gratitude list	(write in your own self care)	Pampered myself	Ate something delicious	Did something I've been putting off
Spent quality time with someone I love	Stretched	Was LAZY	Wrote some positive affirmations for myself	Worked out 3 times in one week



Yoga Basics

Yoga is about connecting the mind and body – the breath to movement. Yoga is great for self-care, exercise, and reducing anxiety! Try these 9 poses below and notice how you feel before and after!

BACK TO BASICS

workout by GROUNDED PANDA

****HOLD EACH POSE 20 SECONDS & REPEAT X4. REST 1 MINUTE BETWEEN SETS.**

1 CAT-COW

2 DOWNWARD FACING DOG

3 STANDING FORWARD FOLD



4 PLANK

5 COBRA

6 CHILD'S POSE



7 STAFF

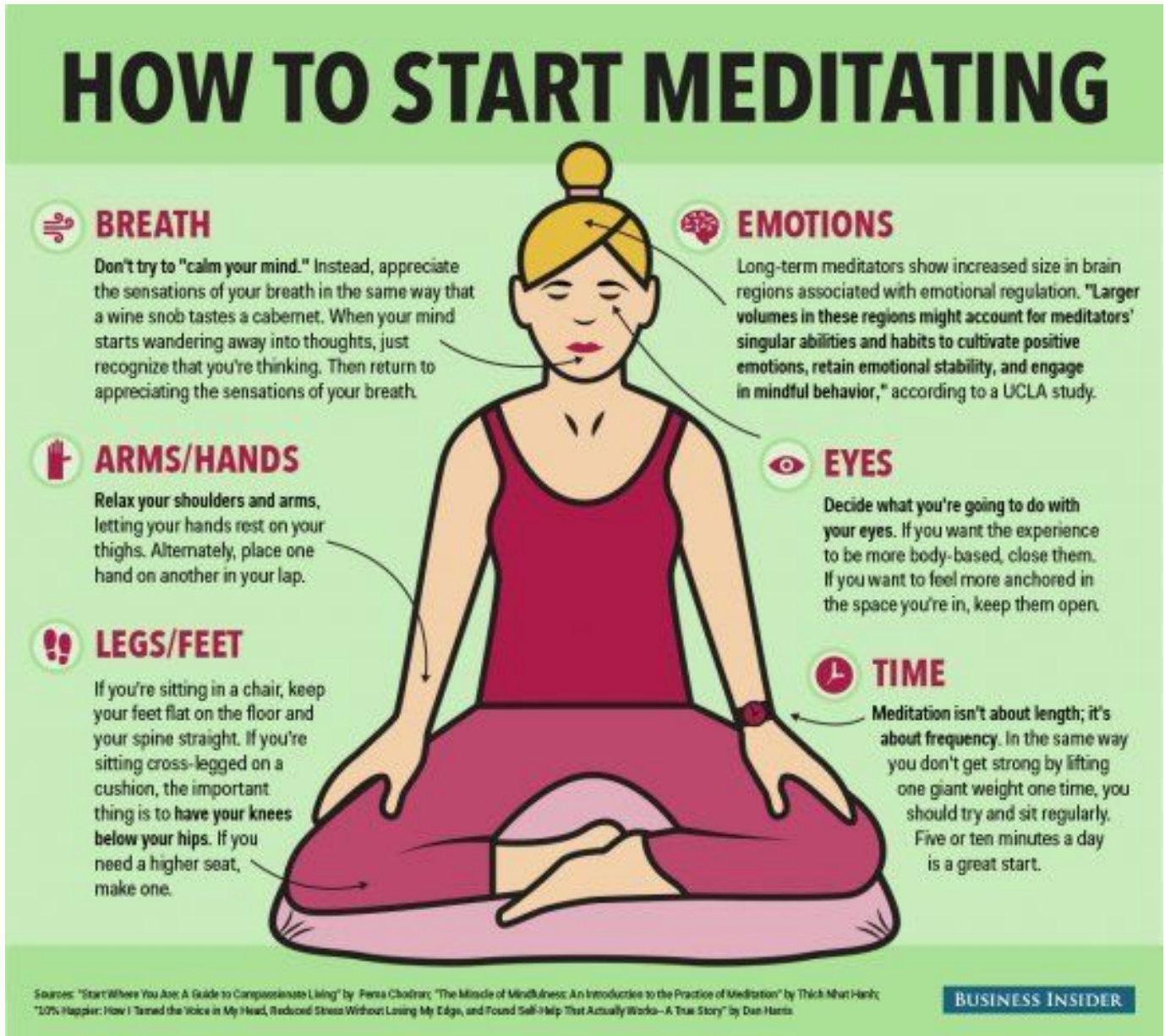
8 SEATED SPINAL TWIST

9 HAPPY BABY



Mindfulness & Meditation

Mindfulness is “paying attention with kindness.”



Not feeling the mindfulness meditation? That's ok!
There's lots of types of meditations out there. Try one of these
guided ones:

Guided Meditation for Anxiety:

<https://www.youtube.com/watch?v=4pLUleLdwY4>

Loving Kindness Meditation

<https://www.youtube.com/watch?v=1eLKEuJkggw>

YouTube Channels:



Coma Niddy. With his glasses and braces, Coma Niddy (aka Mike Wilson) isn't a typical rapper. But his educational riffs on everything from dark matter to nanotechnology lend him both street and science cred. Coma Niddy says he enjoys explaining concepts in a medium kids will remember.

Best for: Older kids and tweens

Don't miss: "[All About That Space](#)," which puts a contemporary spin on the concept of the cosmos



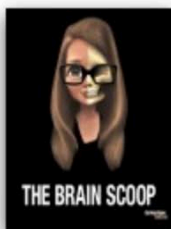
Good Mythical Morning. Good-time guys Rhett and Link offer nothing but pure, wholesome entertainment. Their skits, challenges, goofy explorations, and other random pursuits all are well-served by the hosts' comic banter, uncanny rapport, and use of good vocabulary words.

Best for: Older kids and tweens

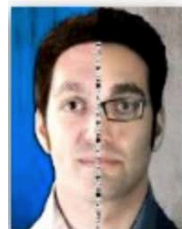
Don't miss: "[The Safest Way to Walk](#)," which hilariously demonstrates how to move so you won't get mugged



Vlogbrothers. If you know [The Fault in Our Stars](#), then you know John Green. He and his brother Hank make up the Vlogbrothers, who promote curiosity and learning on just about every topic, from health care and ethics to psychology. Both former teachers, the duo run several off-shoot channels including CrashCourse (mini-lessons on history, literature, and more), SciShow (science explainers), and others (not all as age-appropriate as the original Vlogbrothers channel).



The Brain Scoop. From the Chicago Field Museum comes this quirky educational channel that provides a glimpse behind the scenes of a natural history museum. Trips to the animal prep lab (where skinning and gutting happens), hands-on demonstrations of earth science concepts, and explanations of animals and species are hosted by the highly entertaining and knowledgeable Chief Curiosity Correspondent Emily Graslie. Each video has a "viewer's discretion" disclaimer and a "grossometer" meter so



React. Having started with "Kids React" videos (where kids watch and comment on YouTube videos), Fine brothers Benny and Rafi have expanded to include teens and elders. The results can be moving as the participants express profound truths that subtly illustrate how to view media critically.

Best for: Older kids and tweens



Gaming Websites:

TV Trap: Escape from Reality

This is a virtual game for teenagers. It is a text quest game for teens. The player's goal is to choose the continuation of the story and become the creator of the story. Teens get an opportunity to develop their story, enjoy multiple game ending, read new stories, and enjoy.

Teenagers Chatting: Teenagers Chatting is an entertaining virtual world app for teens where they can enjoy playing fun chatting games. Teens can talk in monitored teen chat rooms, chat, view video, and enjoy gaming. You can easily find the enjoyable app for teen online.

Adventure of Spike Ball: Fun virtual games for teens that is adventurous where they need to rack their brains to crack difficult puzzles. You need to help the little ball to survive in the antagonistic world. Teens will enjoy music, sound effects, and amazing jumping mechanics, and overall game atmosphere.

This Character was possessed by Tom Riddle's old school diary. (Medium) Ginny	This Quidditch item was not originally a ball, but rather a little bird which was call a Golden Snidget. (Medium) Golden Snitch
This red-haired girl is a skilled Chaser on the Quidditch team and is especially good at the Bat-Bogey hex. (Medium) Ginny	This Character hurt himself by doing things like hitting his head against a lamp because he was disobeying his masters. (Medium) Dobby
This Character steals his father's flying car after he and Harry miss the Hogwarts Express. (Medium) Ron	This Character is three feet tall with bat-like ears and green eyes the size of tennis balls. (Medium) Dobby
This Character helped Harry save Hermione from the troll which had trapped her in the girls' bathroom. (Medium) Ron	This Character is the son of Lucius and Narcissa. (Medium) Draco
This Character was known by the name of Padfoot in his Animagus form. (Medium) Sirius Black	This Character deliberately provoked Buckbeak and then demanded that Hagrid be fired. (Medium) Draco
This character gave Harry his Firebolt broom. (Medium) Sirius Black	This object is skilled in Legilimency, which means it can interpret your thoughts and respond to them when you put it on. (Medium) Sorting Hat
Albus Dumbledore gave this item to Harry Potter. He put enchanted writing on it which said "I open at the close." (Medium) Golden Snitch	At the Hogwarts banquet, this object sang the following lines: "Oh, you may not think I'm pretty/But don't judge on what you see." (Medium) Sorting Hat



Facetime a friend or grab a sibling and play HARRY POTTER TRIVIA

This Character is the youngest of the Weasley children. (Easy) Ginny	This item is worth 150 points if a seeker catches it during a game of Quidditch. (Easy) Golden Snitch
This Character married Harry Potter. (Easy) Ginny	This character is a house-elf who used to work for the Malfoy family. (Easy) Dobby
This Character is the youngest Weasley son. (Easy) Ron	This character was freed when Harry Potter tricked Lucius Malfoy into giving him a sock. (Easy) Dobby
This Character has a pet rat named Scabbers. (Easy) Ron	This character hung around with Crabbe and Goyle at Hogwarts. (Easy) Draco
This character is Harry Potter's Godfather. (Easy) Sirius Black	This character, a Slytherin boy, disliked Harry the most when the two attended Hogwarts. (Easy) Draco
This character escaped from Azkaban by transforming into a dog. (Easy) Sirius Black	This object considered putting Harry Potter in Slytherin, but then decided to put him in Gryffindor. (Easy) Sorting Hat
Harry Potter caught this item in his mouth during his very first Quidditch match. (Easy) Golden Snitch	This object can speak through a rip near its brim. (Easy) Sorting Hat

Self-isolation Activities

Due to the continued spread of COVID-19, we are all self-isolating to protect ourselves and our community. Below are 75 BOREDOM-BUSTING ACTIVITIES. Some of these activities will take a creative mind to do while social distancing—How many can YOU do this week??

INSIDE ACTIVITIES

- | | | |
|------------------------------------|----------------------------|---------------------------------|
| 1. Read to siblings | 10. Make a sock puppet | 18. Do a puzzle |
| 2. Make a no-sew fleece blanket | 11. Bake something | 19. Write to your grandparents |
| 3. Stack cups | 12. Play library | 20. Have a photo shoot |
| 4. Play Simon Says | 13. Play a board game | 21. Make a no-sew fleece pillow |
| 5. Make up rules to a current game | 14. Organize your dressers | 22. Make play dough sculptures |
| 6. Camp indoors | 15. Play vet | 23. Play I Spy |
| 7. Rent a movie from the library | 16. Write a poem | 24. Play dress up |
| 8. Read a book | 17. Make animal masks | 25. Learn a new board game |
| 9. Tell a story | | |

OUTSIDE ACTIVITIES

- | | | |
|-----------------------------|-------------------------------|-----------------------------|
| 26. Play four-square | 35. Paint with flowers | 43. Melt crayons in the sun |
| 27. Build a bird house | 36. Blow bubbles | 44. Paint rocks |
| 28. Go hiking/jogging | 37. Play in the dirt | 45. Have a relay race |
| 29. Walk a neighbor's dog | 38. Have a mini Olympics | 46. Play Twister outdoors |
| 30. Have a scavenger hunt | 39. Camp outdoors | 47. Build a bird feeder |
| 31. Have a squirt gun fight | 40. Paint with shaving cream | 48. Build a teepee |
| 32. Climb trees | 41. Play baseball | 49. Use sidewalk chalk |
| 33. Wash cars | 42. Create fireworks in a jar | 50. DIY an outdoor craft |
| 34. Spray paint | | |

LEARNING ACTIVITIES

- | | | |
|-------------------------------------|------------------------------------|------------------------------------|
| 51. Study different types of clouds | 60. Create an animal unit study | 68. Study animals habitats |
| 52. Grow flowers | 61. Build a mini volcano | 69. Study a butterfly's life cycle |
| 53. Go bird watching | 62. Volunteer | 70. Study astronomy |
| 54. Try geo-caching | 63. Copycat classic art | 71. Create a sun catcher |
| 55. Build a backyard shelter | 64. Hunt animal tracks | 72. Fry an egg on the cement |
| 56. Identify different trees | 65. Build a rubber band helicopter | 73. Create rain clouds in a jar |
| 57. Try foreign foods | 66. Encourage recycling | 74. Grow grass in a cup |
| 58. Create a sun dial | around the neighborhood | 75. Create your own game |
| 59. Make a stop motion video | 67. Make no-churn ice cream | |

How to stop **CYBERBULLYING**



LOG OFF the site where the bullying is happening.

BLOCK

BLOCK EMAILS or messages. Don't respond to them.



SAVE THE MESSAGE or email and show an adult.

**TALK
IT OUT**

TELL SOMEONE you trust.



University
of Victoria

Find out more at www.witsprogram.ca or www.mediasmarts.ca

Gratitude Journal

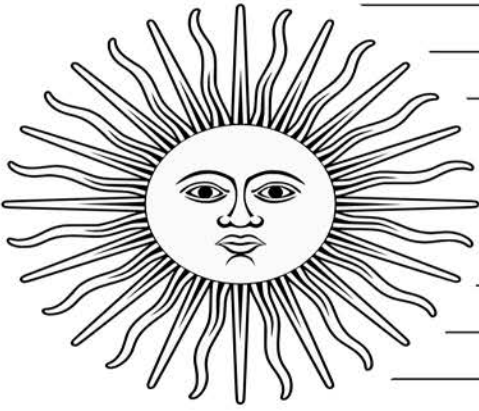
I am grateful for...

My Response / Action Plan

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Reflection

[illegible]



Daily Journal Prompts:

What do you love about yourself?

What is one thing that you are grateful for?

What is your favorite memory?

If you could know 1 thing about the future, what would you want to know?

A Letter to YOU!

To all our Teens,

We want to thank you for what you contribute to our world and how you give us hope for the future. I hope you are taking this time to connect with friends and family, start a new hobby, and are taking care of your health and watching out for others!

Being a teenager is difficult no matter what, and the coronavirus disease (COVID-19) is making it even harder. With school closures and cancelled events— as well as everyday moments like chatting with friends and participating in class. Facing life changes due to the outbreak and feeling anxious, isolated and disappointed is normal. You are not alone! Let yourself feel it. When it comes to having a painful feeling, the only way out is through. Go ahead and be sad, and if you can let yourself be sad, you'll start to feel better faster. Express your feelings through art, music, drawing etc.

Psychologists have long recognized that anxiety is a normal and healthy function that alerts us to threats and helps us take measures to protect ourselves. While anxiety around COVID-19 is completely understandable, make sure that you are using “reliable sources [such as the [UNICEF](#) and the [World Health Organization's](#) sites] to get information, or to double check any information you might be getting through less reliable channels.

It's important to not spend time with other people or in large groups. Wash your hands and don't touch your face. Know that these measures are helping to keep not only you safe, but others too. This is also how we take care of family members and our community. If you want to spend time with friends while you're practicing social distancing, join our weekly Wellness & Brent's Club virtual chat room! Social media is also great way to connect. Get creative! Join in a Tik-Tok challenge like [#safehands](#). Be mindful, don't spend long hours of screen time or hours on social media. Be healthy, be smart, this will help keep anxiety at bay.

Focusing on yourself and finding ways to use your new-found time is a productive way to look after your mental health. Doing homework, watching a favorite movie or getting in bed with a novel – are all ways to seek relief and find balance in the day. Remember, now more than ever, we need to be thoughtful about what we share or say that may hurt others. if you witness cyberbullying or anything that seems upsetting, please let your parents or caregivers know. We need to remain healthy in mind and body. Thank you!

The Wellness Center and Boys & Girls Club of Malibu