

summer activity guide

Healthy Life

ages
16-18



GEORGIA STATEWIDE AFTERSCHOOL NETWORK

(50 STATE
AFTERSCHOOL
NETWORK)

About the Summer Activity Guides

Summers are for fun and engaged learning. In 2020 as the impact of the pandemic is widely felt, summer opportunities will be different for young people, families, and afterschool and summer program staff. The Summer Activity Guides were developed to help engage youth with supportive adults in a range of places.

The activities and resources in the Summer Activity Guides are intentionally designed to support youth-serving summer programs in driving consistent engagement and providing ongoing opportunities for youth skill-building and emotional well-being. In addition to the activities for youth, supplemental materials will be available to support professional development and enhance family engagement.

The Guides include 150 original activities and challenges organized by four different age groups (5-9) (10-12) (13-15) (16-18). The activities are adaptable for in-person and virtual instruction, or a hybrid of both, as well as sent as take-home packets.

All activities should be safely executed and aligned with state and local health guidelines.



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Reflective Journaling

CHALLENGE DESCRIPTION

In this literacy challenge, teens will keep a journal for at least one week and answer various mindfulness prompts. As part of the 'Healthy Life' unit, this challenge is designed to help teens reflect and practice mindfulness each day. This challenge supports the development of literacy skills, self-awareness, reflection, and critical thinking.

SUPPLIES

- Blank journal or loose paper
- Pen or pencil

STEPS

- Set aside at least 30 minutes each day to write in your journal.
- Respond to the following prompts, selecting a new prompt each day:
 - What makes you happy? Why? How can you intentionally do/experience those things more often?
 - Who do you look up to? Why? Do you share any characteristics with that person?
 - What is something you learned about yourself this week?
 - What makes you unique? What special traits or skills do you have to offer? How can you use those in your future education or career?
 - What are you grateful for today? Why?
 - Describe a time you noticed someone struggling and how you helped them. Why is it important to have a support system you can depend upon?
 - What is your favorite memory and why? How did you feel during this time? Who were you with?
 - What is your favorite way to bring joy to others? Why is this important?
- Continue this activity for at least 8 days, or until you have responded to all of the prompts.



ADAPTATIONS

- Instead of using a physical journal or pieces of paper, teens can keep a journal on their computer by creating a new Word or Google document for each entry and storing them all in a folder labeled "My Journal".

EXTENSIONS

- Don't have a journal or want a new one? Create your own! Decorate a cover that expresses who you are and add pieces of blank paper to it to make your own journal.
- Journaling does not have to stop when this challenge is over! Continue journaling by making up your own prompts to respond to, or by simply writing down your feelings or a recap of your day.
- Draw pictures in the margins of each journal entry to better express your feelings and to give each entry a creative flair.
- Find a trusted adult or peer with who you can share some of your journal entries.

CREDITS

- Image credit: rawpixel

Let's Get Moving

CHALLENGE DESCRIPTION

In this physical activity challenge, teens will come up with different activities to do every day for an entire week to ensure they are getting the recommended 60 minutes of physical activity per day. As part of the 'Healthy Life' unit, this challenge is designed to help teens understand which physical activities they enjoy, as well as create a routine to keep them more active. This challenge supports the development of self-awareness and healthy life skills.

SUPPLIES

- Paper
- Pen or pencil
- Any equipment needed for chosen activities

STEPS

- It is recommended that everyone get 60 minutes of physical activity each day. This includes any activity that gets your heart rate up or makes you out of breath.
- On a piece of paper, create a list of at least 7 different physical activities you want to try. Some examples:
 - Learn a new TikTok dance challenge, record yourself doing it, and share on social media
 - Set a goal of walking 10,000 steps (or 5 miles) a day
 - Go on a walk – take this time to FaceTime or call a friend
 - Go on a run or jog
 - Go on a nature hike and take pictures of the scenery
 - Try out an online yoga or Zumba routine
 - Try home workouts while you're watching TV – jumping jacks, pushups, sit-ups, squats, abs, weights, etc.
 - Ride a bike
 - Go swimming
 - Try outdoor sports such as frisbee, tennis, volleyball, etc.
 - Any other activities of your choice
- Using your list, do at least one of these activities per day for an entire week – remember, the goal is 60 minutes of activity per day!
- Create a schedule for when you will exercise each day to make it part of your routine.

CREDITS

- Image credit: jcomp



ADAPTATIONS

- If facilitating in-person, make sure teens have input into which activities they do each day.
- If you have access to a park, gym, or recreation center, try using those facilities.
- If you're looking for more inspiration, search online for different at-home workouts.

EXTENSIONS

- Enjoying being physically active? Extend this challenge by another week (or two)!
- Share your exercise ideas with your peers and see if they have any good ideas for you.
- Stay hydrated! Experiment with making naturally flavored waters with lemons, strawberries, etc.
- Create a friendly challenge with your peers to see who can get the most physically active minutes this week.
- Take a picture each day while doing your chosen physical activity. Share this picture with peers or post on social media – this can help document your workouts and keep you accountable.
- Looking for more activity inspiration? Check out <https://openphsyed.org/activeschools/activehome>

Mindfulness

ACTIVITY DESCRIPTION

In this health activity, teens will participate in a guided meditation and deep breathing practice. As part of the 'Healthy Life' unit, this activity is designed to introduce teens to the practice of mindfulness to help them manage their emotions, reduce stress, and improve mental and emotional well-being. This activity supports the development of self-awareness, emotional regulation, and reflection.

SUPPLIES

- Access to the internet (see Adaptations section)

STEPS

- Mindfulness means being present and fully engaged with whatever you're doing at the moment – free from distraction and aware of your thoughts and feelings.
- Practices like deep breathing and meditation can help you achieve mindfulness.
- Find a dark, quiet place for this activity.
- Use one (or more) of the links below to complete a mindfulness practice:
 - 5-Minute Meditation: <https://bit.ly/2ZZSXxQ>
 - 10-Minute Meditation for Anxiety: <https://bit.ly/2zW3Shp>
 - 15-Minute Meditation for Self-love: <https://bit.ly/304qPd0>
- You can also try the links below for guided deep breathing practice:
 - 5-minute Deep Breathing: <https://bit.ly/2U4eP7u>
 - 30-second Breathing Exercise: <https://bit.ly/3csz6u3>
- Make it a goal to do at least one of the mindfulness meditation videos each day for an entire week.
- Whenever you feel yourself becoming stressed or anxious, try using the deep-breathing videos.

ADAPTATIONS

- If teens do not have access to the internet, print out guided mindfulness scripts for them to follow from <https://mindfulnessexercises.com/free-guided-meditation-scripts/#tab-con-13>
 - You can also use these scripts if facilitating in-person for a group.



EXTENSIONS

- Write your own mindfulness or deep breathing script, or record your own mindfulness or deep breathing video to share with your peers.
- Look up different deep breathing techniques such as 'pursed lip breathing', 'belly breathing', or 'humming breathing'. Try out these techniques and see which work best for you.
- Ask your friends or family to follow one of the mindfulness videos or scripts with you.

QUESTIONS FOR DISCUSSION

- How did you feel after practicing mindfulness and/or deep breathing?
- Have you ever tried other mindfulness techniques? If so, what?
- How can you remember to use these mindfulness and breathing techniques during times of stress?
- What is something that causes you stress or anxiety? What can you do to try to cope with those stressors?

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Pantry Chef

ACTIVITY DESCRIPTION

In this health activity, teens will take use food they have in their home to create a new tasty, healthy snack recipe. As part of the 'Healthy Life' unit, this activity is designed to help teens think creatively about food and find the fun in healthy eating. This activity supports the development of creativity and healthy life skills.

SUPPLIES

- Various food items (already found at home)
- Paper
- Pen or pencil

STEPS

- Look through the items in your pantry, refrigerator, or freezer.
- Make a list of what healthy items are available to use for this activity.
 - Healthy items can include fruits, vegetables, whole grains, low-fat dairy, lean proteins, etc.
- Using that list, come up with 2-3 different healthy recipe ideas that utilize those ingredients.
- Time to get cooking! Using the ingredients, create 2-3 different healthy snacks.
- Once you are done putting together the snacks, have a taste test! Either try them yourself or enlist friends/family members to try them and tell you their thoughts.
- Make any necessary adjustments to the recipe based on the taste test.
- Write up the final recipes for your snacks and keep them in a safe place for future use. Be sure to also share the recipes with friends!

ADAPTATIONS

- If facilitating in-person, pre-purchase various healthy ingredients for teens to use during this activity.
- If you have limited ingredients, just make one snack or recipe.
- If you do not have access to any food that would work for this activity, see if you can go on a quick trip to the grocery store to pick up what you need.

CREDITS

- Image credit: MOST Network



EXTENSIONS

- Make your snack social media ready! Try different fancy plating techniques to make your snack look visually appealing. Take a picture and post to social media.
- Look up 'Food Art' and see how you can get creative with how your food looks. Make a self-portrait out of fruit or a sandwich that looks like a fish.
- Start a 'Recipe Chain' where you and a group of friends share recipes back and forth to try each other's ideas. Make a cookbook with all your ideas!
- Looking for recipe inspiration? Check out www.delish.com/easy-kid-recipes/

QUESTIONS FOR DISCUSSION

- What was it like to come up with your own recipes? What was it like to have other people try and judge your food?
- How do you think you can prepare for cooking on your own when you go to college or move away from home?
- Have you ever considered a career in the culinary arts? Why or why not?

Self-care 101

CHALLENGE DESCRIPTION

In this health challenge, teens will create a list of various self-care techniques and determine a way to incorporate more self-care into their daily routines. As part of the 'Healthy Life' unit, this challenge is designed to help teens identify and utilize self-care techniques whenever they need a break or need to recharge. This challenge supports the development of self-awareness, identifying emotions, and reflection.

SUPPLIES

- Paper (white or colored)
- Pen or pencil
- Markers, colored pencils, or crayons

STEPS

- Self-care is any activity that you do in order to take care of your mental, emotional, and/or physical health.
- Start by writing out your daily routine, hour-by-hour, from when you wake up to when you go to sleep.
- Next look for 3 different times throughout your day when you can take a 5-30 minute break – mark those times down on your daily routine schedule.
- On a separate piece of paper, create a list of at least 15 different ideas of self-care techniques that you would be interested in trying. They can be quick, 5-minute activities or longer, more involved activities. Some ideas could include:
 - Take a walk
 - Call a friend
 - Practice deep breathing
 - Watch an episode of your favorite show
 - Make your favorite snack
 - Disconnect from social media
 - Listen to music
 - Read a book
- Now look back at your daily routine – when you get to one of the breaks in your schedule each day, pick one of the self-care techniques to try during that time.
- Over the next week, intentionally incorporate self-care into your daily routine until you've tried every technique on your list.



ADAPTATIONS

- If facilitating virtually, teens can create their daily routine and self-care technique list on a Word or Google document.
- If facilitating in-person, intentionally take breaks throughout the day for teens to practice self-care. If facilitating virtually, have teens put reminders in their phone to take self-care breaks.

EXTENSIONS

- Need inspiration? Brainstorm and share additional self-care techniques with friends.
- Draw pictures to go along with each self-care technique on your list. Decorate the list and hang it up on the wall in your bedroom as a reminder.
- Have a discussion with your peers about the importance of self-care and how you feel after you take time for self-care.
- Ask your friends and family members to also commit to practicing self-care, and check-in with them to see how it's going and how they feel.

The 50 State Afterschool Network



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South Dakota Afterschool Network
Tennessee Afterschool Network
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Utah Afterschool Network
Vermont Afterschool, Inc.
Virginia Partnership for Out-of-School Time
Washington Expanded Learning Opportunities Network
West Virginia Statewide Afterschool Network
Wisconsin Afterschool Network
Wyoming Afterschool Alliance

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Reflective Journaling

CHALLENGE DESCRIPTION

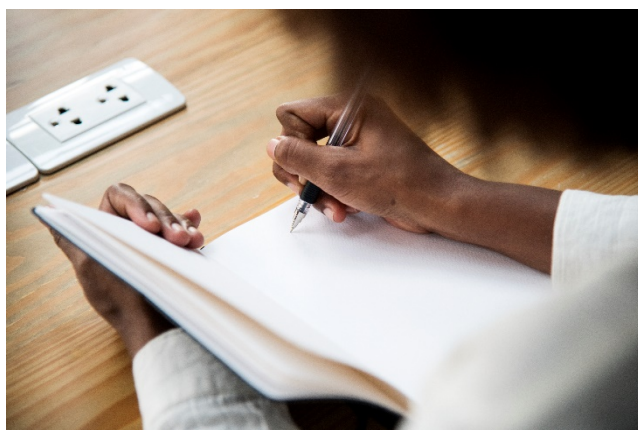
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SUPPLIES

- Blank journal or loose paper
- Pen or pencil

STEPS

- Set aside at least 30 minutes each day to write in your journal.
- Respond to the following prompts, selecting a new prompt each day:
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ADAPTATIONS

- Instead of using a physical journal or pieces of paper, teens can keep a journal on their computer by creating a new Word or Google document for each entry and storing them all in a folder labeled "My Journal".

EXTENSIONS

- Don't have a journal or want a new one? Create your own! Decorate a cover that expresses who you are and add pieces of blank paper to it to make your own journal.
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STEPS

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ADAPTATIONS

- If facilitating in-person, make sure teens have input into which activities they do each day.
- If you have access to a park, gym, or recreation center, try using those facilities.
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EXTENSIONS

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SUPPLIES

- Access to the internet (see Adaptations section)

STEPS

- Mindfulness means being present and fully engaged with whatever you're doing at the moment – free from distraction and aware of your thoughts and feelings.
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- Make it a goal to do at least one of the mindfulness meditation videos each day for an entire week.
- Whenever you feel yourself becoming stressed or anxious, try using the deep-breathing videos.

ADAPTATIONS

- If teens do not have access to the internet, print out guided mindfulness scripts for them to follow from <https://mindfulnessexercises.com/free-guided-meditation-scripts/#tab-con-13>
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EXTENSIONS

- Write your own mindfulness or deep breathing script, or record your own mindfulness or deep breathing video to share with your peers.
- Look up different deep breathing techniques such as 'pursed lip breathing', 'belly breathing', or 'humming breathing'. Try out these techniques and see which work best for you.
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QUESTIONS FOR DISCUSSION

- How did you feel after practicing mindfulness and/or deep breathing?
- Have you ever tried other mindfulness techniques? If so, what?
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SUPPLIES

- Various food items (already found at home)
- Paper
- Pen or pencil

STEPS

- Look through the items in your pantry, refrigerator, or freezer.
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EXTENSIONS

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