summer activity guide

Healthy Life

ages 13–15

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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Inside vs. Outside Self-portrait

ACTIVITY DESCRIPTION

In this art activity, teens will draw a self-portrait reflecting what they look like on the outside and who they are on the inside. As part of the 'Healthy Life' unit, this activity is designed to help teens reflect on who they are and the value they bring to the world. This activity supports the development of self-awareness, creativity, and reflection.

SUPPLIES

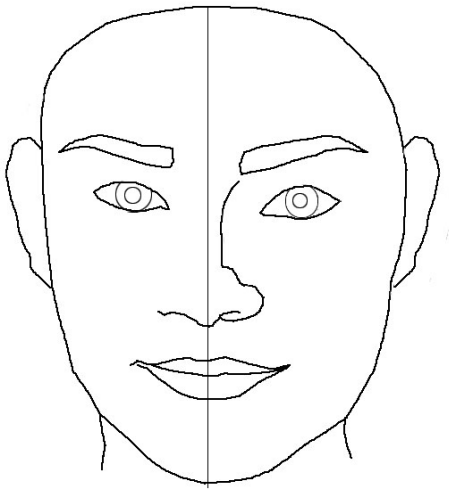
- Paper (white or colored)
- Pencil
- Markers, colored pencils, or crayons

STEPS

- Write your name across the top of the paper.
- Draw a large outline of your head on the paper.
- Draw a vertical line down the middle of the head.
- Decorate the left half of the head with how you look on the outside. This should represent your physical appearance such as your hair color, eye color, skin color, and any other defining features.
- Decorate the right half of the head with images and/or words that represent who you are on the inside. This should show things that you are interested in, your hobbies, your passions, your goals, your hopes, etc.
- Add as much color and detail as you would like to complete your self-portrait.
- Share your portrait with others when done.
- Remember that our insides and outsides are uniquely our own. It isn't necessary to conform to others' views of how they think we should be.

ADAPTATIONS

- If facilitating virtually, teens can also create their self-portrait on the computer using a drawing or paint function.
- Teens can use an actual photo of themselves for the "outside" portion of their self-portrait, and use images from magazines or online to create the "inside" portion.
- Staff can share their own self-portrait to provide an example and ensure teens feel comfortable sharing with each other.



EXTENSIONS

- Don't stop at just your head – draw your entire body using the inside vs. outside technique.
- Ask your friends or family to draw their own inside vs. outside self-portrait so you can share with each other.
- We are always changing – draw a new Inside vs. Outside Self-portrait with your present self and your past or future self.

QUESTIONS FOR DISCUSSION

- What does this portrait show? Who are you on the inside vs. the outside?
- Was one side harder to draw than the other? Why?
- How does how you look on the outside cause others to judge you or have preconceived notions about who you are on the inside?
- How can you help people get to know who you are on the inside?

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 heartrate 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
  - Go on a walk with your family or walk your dog if you have one
  - Go on a run or jog
  - Look up a yoga or chair yoga routine online and try it out
  - Ride a bike
  - Go rollerblading or skateboarding
  - Go swimming
  - Do household chores – you can burn calories by sweeping, cleaning, doing yardwork, etc.
  - Try outdoor sports such as soccer, tennis, or frisbee
  - 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.

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. You can also brainstorm ways to stay active while remaining socially distant.
- Enlist your friends or family members to do the activities with you.
- Keep a journal during this challenge – write down how you feel while exercising, if you notice any changes or benefits, which exercises you enjoy the most, etc.

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.
- Ask your friends or family to follow one of the mindfulness videos or scripts with you.
- Keep a journal where you write down your thoughts and feelings after practicing mindfulness.

QUESTIONS FOR DISCUSSION

- How did you feel after practicing mindfulness and/or deep breathing?
- How can you incorporate mindfulness and/or deep breathing into your daily routine?
- How can you remember to use these techniques during times of stress?
- What other things do you do to help reduce stress or anxiety?

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.

EXTENSIONS

- Did you use any fresh fruits or vegetables? Look up 'Scrap Gardening' to see how you can grow your own fruits and vegetables from your kitchen waste.
- Trying to beat the heat? Experiment with frozen treats such as fruity popsicles, frozen yogurt bites, or chocolate-dipped fruits.
- Try the 'Eat the Rainbow' challenge – try to create a snack or meal that incorporates food from each color of the rainbow.
- Swap recipes with one of your peers so you can try each other's healthy snacks.
- Put together all of the recipes that you and your peers created into a group cookbook.
- Need inspiration? Check out https://www.delish.com/easy-kid-recipes/ for recipe ideas.

QUESTIONS FOR DISCUSSION

- What was it like to come up with your own recipes?
- Which recipe was your favorite? Why?
- How can you incorporate healthy snacks into your daily routine?
- Why is it important to keep a healthy diet?

Self-care Spinner

CHALLENGE DESCRIPTION

In this health challenge, teens will make a spinner labeled with various self-care techniques. 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 activity supports the development of self-awareness, identifying emotions, creativity, and reflection.

SUPPLIES

- Paper (white or colored)
- Scissors
- 1 split pin/paper fastener/brad pin/tack
- 1 paperclip
- 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.
- Draw a large circle on a piece of paper and cut out the circle.
- Draw lines to divide the circle into 8 equal sections.
- In each of the 8 sections, write one 5-minute self-care technique that you could use whenever you need a quick break. These could include:
  - Drink a glass of water
  - Listen to your favorite song
  - Take a stretch break or do jumping jacks
  - Call or text a friend
  - Practice deep breathing
  - Watch a funny video online
  - Any other techniques of your choosing
- Once you have finished writing your 8 quick self-care techniques, decorate the circle with relevant pictures or images.
- In the center of the circle, where all the lines meet, poke a hole and insert the pin.
- Slip the paperclip over the pin, this paperclip will be your spinner.
- Time to start spinning!
- Whenever you need a quick self-care break throughout the day, spin this spinner and do whichever activity it lands on.
- Use the spinner every day for at least a week.

CREDITS

- Image from: CT After School Network

ADAPTATIONS

- If facilitating virtually and/or if teens do not have all of the necessary materials, use this online spinner maker: http://www.superteachertools.us/spinner/

EXTENSIONS

- Have more time to dedicate to self-care? Create a new spinner with options for more time-intensive self-care techniques such as going for a walk, watching an episode of your favorite show, calling a friend, making your favorite snack, taking a relaxing bath, etc. Use this spinner whenever you have more time for self-care.
- Have a conversation with your friends and/or family about the importance of self-care. Work together to brainstorm ways you can incorporate more self-care into your daily routine.

The 50 State Afterschool Network

The Summer Activity Guide has been developed for the 50 State Afterschool Network with leadership from the Georgia Statewide Afterschool Network to engage and support children and youth nationwide.

In each state, the afterschool network is broadening opportunities for youth. Seeking equitable outcomes for underserved children to succeed in school and future jobs, a statewide afterschool network brings together cross-sector leaders with a common vision and coordinated strategy to advance quality afterschool and summer learning programs

Alabama Afterschool Community Network
Alaska Afterschool Network
Arizona Center for Afterschool Excellence
Arkansas Out of School Network
California AfterSchool Network
Colorado Afterschool Partnership
Connecticut After School Network
Delaware Afterschool Network
Florida Afterschool Network
Georgia Statewide Afterschool Network
Hawai'i Afterschool Alliance
Idaho Afterschool Network
Afterschool for Children and Teens Now (ACT Now) Coalition (IL)
Indiana Afterschool Network
Iowa Afterschool Alliance
Kansas Enrichment Network
Kentucky Out-of-School Alliance
Louisiana Center for Afterschool Learning
Maine Afterschool Network
Maryland Out of School Time Network
Massachusetts Afterschool Partnership
Michigan After-School Partnership
Ignite Afterschool (MN)
Missouri AfterSchool Network
Mississippi Statewide Afterschool Network
Montana Afterschool Alliance
Beyond School Bells (NE)
Nevada Afterschool Network
New Hampshire Afterschool Network
New Jersey School- Age Care Coalition
NMOST (New Mexico Out of School Time) Network
New York State Network for Youth Success
North Carolina Center for Afterschool Programs
North Dakota Afterschool Network
Ohio Afterschool Network
Oklahoma Partnership for Expanded Learning Opportunities
OregonASK
Pennsylvania Statewide Afterschool/Youth Development Network
Rhode Island Afterschool Network
South Carolina Afterschool Alliance
South Dakota Afterschool Network
Tennessee Afterschool Network
Texas Partnership for Out of School Time
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