

Activities for Teens - Grades 7-12

We all have mental health and we all need to make sure we are taking care of ourselves. There are many ways that we can maintain our mental wellness. Here are just a few activity ideas that will keep you busy if you are bored or just needing a little inspiration.

Remember, you don't always have to be busy - it is also helpful for your mind if you slow down and take time to relax. As you practice taking care of your mind, you will learn to know what your body needs and when!

1. **Get outdoors:** One of the best ways to feel better when we are feeling "off" is to get some fresh air. Whether you go for a walk around the block, or go for a jog along a nature trail, getting outside will do wonders for your mental wellness! Not feeling like being active? Simply go sit outside and take in your surroundings. Trust me, it will help.
2. **Make a workout plan:** We know you hear it a lot, but getting exercise of any kind will jumpstart the "happy chemicals" in your body and may make you feel better. Make a plan for this week on how to be active, whether it is going for walks, heading out for runs, playing your favourite sport, or doing body weight exercises at home.
3. **Start a mood tracker journal:** When you track your mood day to day, sometimes you will start to notice a pattern throughout the month. The more self-aware we are, the easier it is to accept our feelings and listen to what our body needs each day. It is totally okay if you feel low some days, but if you are feeling sad every day, then you may want to talk to a friend, or a parent about it. Print off the Mood Tracker Worksheet in the Downloadable Resource section of the Stigma-Free Youth Wellness Toolkit [HERE](#).
4. **Set some positive mental health goals:** Not only setting some easy-to-reach goals, but writing them down, can be very helpful for your mental health. Some ideas of goals could be to get outside for 30 minutes a day, or to make an appointment to see a counsellor to work on your anxiety. Big or small, goals keep us focused and can help get you out of a rut! Use the Goal-Setting Tool in the Downloadable Resource section of the Stigma-Free Youth Wellness Toolkit [HERE](#).
5. **Make a bucket list:** Write down 100 things that you would like to do in your life. Pick a few that you can do in the next few years or even sooner. Realize that perhaps you have a lot to look forward to!

6. **Build a blog or website:** Do you have a passion for sports, fashion, self-care, or another awesome topic? Do you have ideas that you want to share with the world? Start your own blog or website by using a free website builder such as [WordPress](#). Share it with your family and friends!
7. **Teach yourself how to make healthy snacks:** Sometimes when we are feeling low, we tend to overeat, forget to eat, or eat a lot of junk food! Without a good amount of healthy food such as protein, fruits and vegetables, our brains can't work properly. If our brains aren't working, how can we expect our mental health to thrive? Visit YouTube or Pinterest for some yummy healthy snacks that you can make for yourself to keep your nutrition on the right track.
8. **Create a dream board:** Do you dream about the future? What do you want to do when you are older? Make a Pinterest dreamboard, or a collage of all your dreams to remind yourself that the future is bright and there is a lot to look forward to. Think of all that you can accomplish! Wow.
9. **Revamp your social media:** We spend a lot of time on social media. This is a great way to stay connected with friends and family, but it can also be a source of anxiety for many. It is easy to compare our lives to the lives of others on social media, where everyone posts their "best selfies" and nothing else. This can lead to us feeling sad and lonely. Go through your social media and unfollow any accounts that don't bring you joy. Follow some new accounts with positive messages such as those about mental health and body positivity!
10. **Share your story:** Have you faced stigma or mental health challenges? Would you like to share your story and inspire people just like you? Make a 2-3-minute video of your inspiring story and submit it [HERE](#).

We hope that you find some of these activity suggestions helpful, and please feel free to cruise around the *Stigma-Free Society Youth Wellness Toolkit* site as you will find a lot of stories, videos, animations and much more about how you can take care of you.

Thanks for reading and keep well!

Activity Links & Apps

Art & Journaling:

[Art Journal Prompts](#)

[Art Therapy Activities](#)

[Mindfulness Colouring Book](#)

Yoga:

[Super Stretch Yoga App](#)

Workout:

[Very Well Fit Workouts for Teens](#)

[Obe Fitness](#)

[City Shred](#)

Meditation:

[Mindfulness for Teens](#)

[Breathr App – Kelty Mental Health](#)

[Calm App](#)

Journaling:

[Dive Thru](#)

eLearning:

[Khan Academy](#)

[CK12](#)