Ideas for High School Students

- Make dinner for your family
- Create a new recipe with foods in your refrigerator or pantry
- Bake bread or a sweet treat to share with your family
- Explore different colleges/universities online!
- Research future career ideas
- Take a walk around the neighborhood
- Play fetch with the family dog
- Read a book, a magazine or newspaper articles
- Listen to a podcast
- Go for a hike
- Take a bike ride
- Help with yard work
- Go outside and shoot some basketball hoops, jump rope, or give rollerblading a try!
- Practice yoga
- Check out your favorite fitness websites – many are offering free trials or free access to various workouts
- Write a letter or e-mail to a loved one
- FaceTime or call a friend from school or family member
- Journal about your day
- Meditate
- Create a Vision Board
- Help a younger sibling with their school work or teach them something new
- Organize your closet and donate the items you don't want
- Play a video game
- Study for the ACT or SAT
- Watch a new show or movie on Netflix
- Get creative! Color a picture, paint, do a new craft.

Apps to check out:

TED: Access to free talks on various educational topics
DUOLINGO: Learn a new language through activities and games
LUMOSITY: App that creates daily personalized challenges and exercises to increase cognitive function
CALM: Mindfulness and meditation app
PINTEREST: Thousands of ideas for new recipes, workouts, crafts, etc.