Ideas for Middle School Students

- Help make dinner for your family
- Create a new recipe with foods in your refrigerator or pantry
- Have a movie marathon with popcorn or your favorite snack
- Help with yard work
- Go outside and shoot some basketball hoops, jump rope, or give rollerblading a try!
- Write a letter to a loved one
- Create lyrics to your own original song
- Play board games
- Try yoga
- Get creative! Color a picture, draw, do a craft, etc. (Free tutorials are available on YouTube)
- Clean your room
- Practice writing in cursive
- Build something with Legos
- Create a new dance
- Learn how to do origami
- Paint your nails
- Create your own game – rules, game board, pieces, etc.
- Try a new hair-do
- Check on the animals at the Milwaukee County Zoo (www.milwaukeezoo.org)
- FaceTime with a friend from school or a family member
- Read a book
- Start a journal
- Go for a bike ride
- Make a time capsule to open up one, five or even ten years from now!
- Do a puzzle
- Play virtual games (Heads Up! app, Prodigy app) or video games
- Teach a younger sibling how to do something new
- Learn a new language (Check out the DuoLingo app!)
- Create a vision board
- Explore virtual museum tours
- Design an outfit out of items in the house
- Make your own comic strip – complete with illustrations
- Walk the family dog
- Brainstorm your ideal future job
- Practice or learn a new instrument
- Go through your clothes and decide which items you could donate
- Teach yourself a new card game or magic trick
- Write an auto-biography