

**Activities to do with your teen**

It is important to still spend quality time with children as they get older.

These are some ideas that teens have said they would enjoy doing with adults. The most important thing to remember is to have fun- this should not be a chore. It is time for parents/carers to get to know their teens.

* Meal plan for the week using recipe books- work as a team and discuss your likes and dislikes
* Cook together- you could both learn new skills by following recipes you have never tried before
* Choose a book for you both to read and then you can discuss the characters, the plots, the bits you enjoy etc.
* Develop a new habit together- this could be doing mindfulness activities, creating a gratitude journal, doing some yoga from you tube videos
* Set an exercise goal together- e.g. Couch to 5k
* Research your family tree- this can lead to telling stories of a family which you may not have talked about before
* Make a time capsule together- write about the time, about you as people, put in newspaper cuttings etc.
* Have a quiz night together- take it in turn to set the quiz questions and the topics
* Have a garden camp out- sleep in a tent, put it up together, have a BBQ
* Have a dance party- act silly and make each other laugh with the dance moves which were out when you were younger