

Virtual Resources for Teens

COPE WITH ISOLATION USING THESE HELPFUL (AND FUN) RESOURCES:



GET MOVING

1. Try an [online fitness class](#) - styles of exercise ranging from yoga to cardio to strength training and more
2. Check out these ideas to [move with your dog](#)
3. Take [free online dance lessons](#)
4. Download a [fitness app](#)

TAKE A VIRTUAL FIELD TRIP

1. Take [virtual tours of 2500 museums](#) including art museums, history museums, and more
2. Watch live animal webcam feeds from the [Georgia Aquarium](#), [San Diego Zoo](#), and [Cincinnati Zoo](#)
3. Explore [virtual tours of 5 National Parks](#)
4. Attend [virtual concerts in every genre](#) - from rock to opera



CONNECT SOCIALLY

1. Create a group FaceTime call - catch up with friends, study with classmates, and do activities together remotely
2. Use the [Houseparty app](#) to play games with friends
3. Try out the [Netflix Party Chrome extension](#) to watch movies with a group remotely

HARNESS YOUR CREATIVITY

1. Do a [DIY craft project](#)
2. Take [free guitar lessons from Fender](#)
3. Bake [some delicious treats](#)
4. Make an art project using [these Pinterest ideas](#)



LEARN SOMETHING NEW

1. Challenge your brain with [puzzles and brain teasers](#)
2. [Learn a new language online](#)
3. Take a [free college course](#) in a subject you're interested in
4. Get a [virtual library card](#) and download e-books
5. Check out [these YouTube channels](#)

MAKE SURE TO TAKE CARE OF YOUR MENTAL HEALTH DURING SOCIAL ISOLATION

Check out **TELEHEALTH THERAPY** options available in your area