

School Holiday Activities – Teenagers 13-16 years

Experiment and overhaul your closet	Paint a T-shirt with acrylic paint	Bake a three tier cake	Make your own soap	E-mail or phone a friend you haven't spoken to in a while.	Detox from digital devices for a day	Bake some home-made bread	Create a memory box	Create a painting using a salad spinner	Create your own comic strip
Make a playlist of songs from Broadway	Travel around your house. Make a passport for family members	Write a letter to your future self	Cook a cake for an elderly neighbour	Become a Master Chef and experiment with something new	Find photos of grandparents and make a family tree	Face paint a family member with make up	Do some brain training by challenging your left and right brain	Read a book in the sun	Learn a new language
Try for a high score at your favourite game	Take some interesting pictures of your neighbourhood	Update your playlist	Start a scrapbook or journal	Learn a new instrument	Write a song, poem or short story	Decorate a pin board with postcards, pictures and notes for your room	Write an online article or create a web page	Learn how to touch type	Grow some veggies
Have a water gun fight	See if you can sketch your pet	Help plan your next family holiday	Map your house using Minecraft Education edition	Think of one habit you wish you did more and try to do it for a week	Start a gratitude journal and each day reflect on something good	Learn how to knit	Use thread or yard to plait, knot or braid a bracelet	Re-create a famous painting	Build a tower using 2 sheets of newspaper and masking tape
Use contact to create a nature sun catcher with leaves and flowers	Make some heart hand warmers using felt and rice	Use soy wax to make a candle	Enrol in an online course and become an entrepreneur	Investigate your backyard. Check out the resources on the Landcare Australia website	Download the 'PlantSnap' app and discover the types of plants in your yard	Go on a bug hunt and collect some insects	Take a video of your cat. See if you can get it to go viral	Try to cook an old fashioned recipe	Tie dye a t-shirt
Blow out the inside of eggs and decorate their shells	Paint some eggs so they look like the Milky Way	Experiment with different ways to make slime	Paint or design a feature wall in your room	Invade the garage and see if you can use the tools to make something	Trim the hedges or mow the lawn	Host a family BBQ	Set up a pretend café for your family	Design a new clapping game	Learn how to code using html or javascript
Try printing a black and white photo of yourself. Colouring it in	Host a high tea party with scones and cucumber sandwiches	Compile a family recipe book	Make a beauty salon, offer facials, massages and nail services	Make bath bombs using bicarb soda and citric acid	Use Garage Band or Incredibox to make some new music	Make an old recipe but add a new twist	Write a letter to a new friend	Think of your favourite thing to do and write an online post about it	Write a secret message that is only discoverable by lemon juice
Try to repurpose 5 things around the house	Learn how to braid hair	Do a video project to make your own movie	Write and perform your Oscar winning speech	Take some artistic photos in black and white	Interview a family member to create a documentary	Review a book or movie	Write a letter of admiration to someone special	Create an alien world. Design the planet	Play every single board game in the house
Complete a 30 day fitness challenge	Mow the lawn, vacuum the floor and wash the windows	Go for a bike ride around your street	Play an exercise game with your family	Use some rolled up newspapers as hockey sticks. Play indoor hockey	Learn to juggle	Find a hacky sack. Keep it in the air as long as you can	Play a game of darts with your family	Try to juggle a tennis ball while dribbling a basketball	Get a deck of cards and do a set of exercises for each suit
Using a tennis racquet to keep a ball up as many times as possible	Dribble a basketball underneath your legs while sitting without looking	Play Boccia in the backyard	Kick a ball and see how long you can keep it in the air	Dance around the lounge room to your favourite song	Play snap	Host a virtual party	Find a four-leaf clover	Dress up in your best outfit	Read a book to a family member