

## Limit Time on Social Media and Looking at Screens

Studies have shown that extended time on social media and looking at screens can negatively impact anxiety and stress levels.

Here are some activities to do instead of being on social media:

1. Play board games as a family
2. Go for a walk outside (maybe with the family pet!)
3. Go for a bike ride
4. Bake/cook for fun (recipes):  
<https://www.foodnetwork.com/topics/easy-baking>
5. Read a book
6. Write in a journal: <https://www.journalbuddies.com/writing-grade-level/teenage-journal-topics/>
7. Write stories!
8. Make a card or write a letter and mail it to a friend or family member
9. Make something out of all those Amazon boxes!
10. Create experiments with supplies found around the house
11. Practice an instrument
12. Create art
13. Coloring pages (free printable coloring pages):  
<https://coloringhome.com/teenage-coloring-pages-free-printable>
14. Make your own music videos to your favorite songs
15. Choreograph your own dances
16. Have a virtual Netflix Party with your friends:  
<https://www.netflixparty.com/>