

ACTIVITIES FOR YOUR TEEN TO STAY HAPPY AND POSITIVE



My letter to me

Let them write a letter to themselves as their future self and ask them to give advice to their present self.



The fear cap

A group activity where they write about their deepest fears and try to guess who wrote it as they randomly pick the chits from a cap.



Spot the strength

Have them go around narrating their stories of achievements while the others give their take on what strength the narrator displayed in their story and why.



Alter the photo

Have them change a random picture of a cat into something unique with pens, scissors, colors, etc., using their imagination.



Select your music

Let them pick a song of their choice and listen to it in a quiet space. After it ends, ask them what emotions they felt through the song and why.



My happiest memory

Each one shares their happiest memory while acting it out, and the others may also share their memory of the same incident through acting.