

PSP KINGSTON REC

ACTIVITY CARDS**Teens**

1 of 2

**DANCE OFF**

Master a Tik Tok dance challenge, or come up with a dance routine for your favourite song.



2

LIVING ROOM YOGA

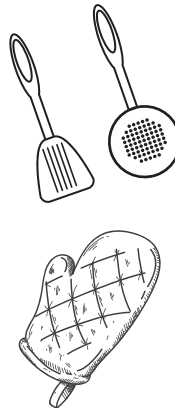
Download a yoga app or log into YouTube and try a yoga class.



3

HOME COOKIN'

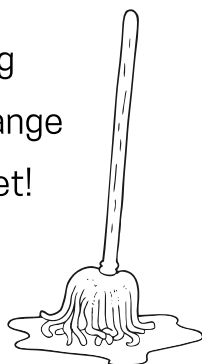
Try recreating your favourite restaurant meal, or challenge yourself to make a meal using only a set list of ingredients.



4

SPRING CLEANING

It's time for that spring cleaning. Clean and rearrange your bedroom and closet!



5

LIGHTS, CAMERA, ACTION!

Get creative and put on a short skit using a few random props from around the house.



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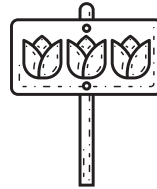
Teens

2 of 2



START AN INDOOR GARDEN

Start a herb garden or plant your favourite flowers and get a head start on summer.



7

JUGGLE



Use rolled up socks or tennis balls and learn to juggle.

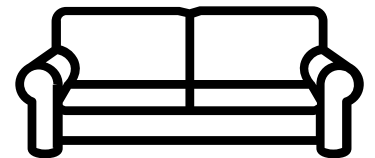


8

INDOOR BALLOON VOLLEYBALL



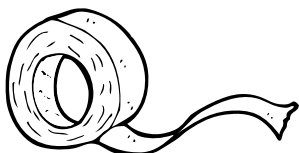
Blow up a balloon and use the couch as the net.



9

HOPSCOTCH

Use tape, and create an indoor hopscotch area.



10

HOME WORKOUT



Subscribe to PSP Kingston TV on YouTube and try a home workout crafted by our fitness instructors.

