

School Holiday Activities – Teenagers 13-16 years

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| 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 |