



Resources for Teens

1. Acknowledge this is really hard. Teens are social and growing socially during these years. Not seeing friends is tough on their growth.
2. Empower them in what they are motivated by so for example; one of my sons loves building things. So he is working on a project outside building something.
3. Support their psychological needs
 - a. Listen to their feelings of disappointment
4. Here are some other ideas:
 - a. Get a schedule together for all working and schooling habits
 - b. Have them help cook
 - c. Encourage a workout plan
 - d. Explore university campuses online
 - e. Practice SAT or ACT
5. Walk outside and listen to whatever they want to talk about. Remind yourself this is a no judgement space.