

HYDE (Helping Youth Develop & Empower), a program of the St. Lawrence Health Initiative, Inc., is offering a variety of activities for teens to partake in during this uncertain time. This is a fun, interactive way to stay busy between school work and any chores teens may be given, as well as avoiding boredom. Ellen Hurlbut, is the youth development specialist in charge of programming for youth ages 14-18. Monday through Friday is filled with social media posts and videos focusing on being mindful and well, while having some fun. Below is information and links about each opportunity that is available to high school youth in Jefferson, Lewis and St. Lawrence Counties.

Links, reminders and content can all be found on Facebook and Instagram by:

Searching, Liking and Following @HydeAdulting

<https://www.Facebook.com/HydeAdulting/>

<https://www.instagram.com/hydeadulting/>

Please Contact Ellen with any questions!

[Ellen@gethealthyslc.org](mailto:Ellen@gethealthyslc.org)

(315) 261-4760 x225

# Quarantine Chronicles

THINGS FOR TEENS TO DO WHILE STUCK A HOME  
FOLLOW @HYDEADULTING ON FACEBOOK & INSTAGRAM TO PARTICIPATE IN DAILY ACTIVITIES!

Monday	Tuesday	Wednesday	Thursday	Friday
#Mindful Monday	#Trivia Tuesday	#Wellness Wednesday	#Throwback Thursday	#Fun Friday
.....		.....	.....	.....
<u>Zoom</u> Live	<u>Stories</u>	<u>YouTube</u> Pre-recorded	<u>Zoom</u> Live	<u>Your turn!</u>
Quarantine Chronicles	10:00am - 8:00pm	When Life Gives You Lemons	Quarantine Chronicles	Choose the platform of your choice and Video Chat with friends and family!
•	•	•	•	•
1:00-2:00pm	Link to each weeks trivia will be put on the @hydeadulting stories	Check @hydeadulting on social media for the link	1:00-2:00pm	Just chat with them or try one of the #funfriday activities.
•	•	•	•	•
Join at <a href="https://zoom.us/j/3529667037">https://zoom.us/j/3529667037</a>	Answer 10 questions each week on a variety of subjects including music, geography, animals, sports & more!	Watch for tips & tricks on how to prepare to adult... believe me, you'll be glad you did!	Join at <a href="https://zoom.us/j/3529667037">https://zoom.us/j/3529667037</a>	
Meeting ID: 352 966 7037			Meeting ID: 352 966 7037	
*For meeting password: email or dm HYDE*			*For meeting password: email or dm HYDE*	

Be sure to use #slcstayshome

Follow @hydeadulting on social media

Email [ellen@gethealthyslc.org](mailto:ellen@gethealthyslc.org) for any questions!

Brought to you by HYDE a project of the St. Lawrence Health Initiative, Inc.



Ellen Hurlbut • Youth Development Specialist  
[ellen@gethealthyslc.org](mailto:ellen@gethealthyslc.org) • (315)261-4760 x225



**Quarantine Chronicles**

Activities for Teens

<b>Day</b>	<b>Description</b>	<b>Links</b>
<p><b><u>Monday</u></b></p>	<p><u>Live Zoom Meeting</u> Quarantine Chronicles</p> <p>This is an opportunity for teens to connect with each other and participate in icebreakers, talking circles and other fun activities.</p> <p>Time: Monday &amp; Thursday from 1:00pm-2:00pm *youth must message us for the password for EACH session*</p>	<p>Join Zoom Meeting <a href="https://zoom.us/j/3529667037?pwd=RFVZY0pmTDc5bCt0WXBDQitFMFdxQT09">https://zoom.us/j/3529667037?pwd=RFVZY0pmTDc5bCt0WXBDQitFMFdxQT09</a></p> <p>Meeting ID: 352 966 7037</p> <p>Password: Changes with each session. To get it: Message @hydeadulting on Facebook or Instagram <a href="https://www.Facebook.com/HydeAdulting/">https://www.Facebook.com/HydeAdulting/</a> <a href="https://www.instagram.com/hydeadulting/">https://www.instagram.com/hydeadulting/</a></p> <p>OR email <a href="mailto:ellen@gethealthyslc.org">ellen@gethealthyslc.org</a></p>
	<p><u>Social Media</u> #MindfulMonday</p> <p>These are weekly posts with positive quotes to start the week off on the right foot. These can be found on Facebook and Instagram by searching, liking and following @hydeadulting</p>	<p>Social Media: <a href="https://www.Facebook.com/HydeAdulting/">https://www.Facebook.com/HydeAdulting/</a> <a href="https://www.instagram.com/hydeadulting/">https://www.instagram.com/hydeadulting/</a></p>
<p><b><u>Tuesday</u></b></p>	<p><u>Crowdpurr</u> Trivia Tuesday</p> <p>Weekly link is posted by 10:00 am on Facebook and Instagram Stories to answer 10 random trivia questions. Topics covered include sports, technology, science, cars, food &amp; drink, health, geography, music, movies &amp; TV, animals and more!</p> <p>Crowdpurr is the trivia platform being used.</p>	<p>Social Media: <a href="https://www.Facebook.com/HydeAdulting/">https://www.Facebook.com/HydeAdulting/</a> <a href="https://www.instagram.com/hydeadulting/">https://www.instagram.com/hydeadulting/</a></p>

**Quarantine Chronicles**

Activities for Teens

<p><b><u>Wednesday</u></b></p>	<p><u>YouTube</u></p> <p>When Life Gives You Lemons Adulting 101 videos adult-ing /əˈdɒltɪŋ, ˈɑːdɒltɪŋ/ noun INFORMAL the practice of behaving in a way characteristic of a responsible adult, especially the accomplishment of mundane but necessary tasks.</p> <p>This will be a weekly video posted on YouTube covering topics that will give tips and tricks to help prepare high school youth for life after high school. Some topics covered include nutrition, fitness, medial literacy, financial literacy, relationships, taking care of your clothing, preparing for the workforce, preparing for heading to college, taking care of a household, self-care and so much more! The link to each video can be found on the HYDE Facebook and Instagram pages.</p>	<p>YouTube: <a href="https://youtu.be/qQkuGVCy_SY">https://youtu.be/qQkuGVCy_SY</a></p> <p>Social Media: <a href="https://www.Facebook.com/HydeAdulting/">https://www.Facebook.com/HydeAdulting/</a> <a href="https://www.instagram.com/hydeadulting/">https://www.instagram.com/hydeadulting/</a></p>
	<p><u>Social Media</u></p> <p>#WellnessWednesday</p> <p>These are weekly posts to the HYDE Facebook and Instagram pages, with positive quotes, tips on creating better habits to be well and a quick, simple workout routine from <a href="https://darebee.com">https://darebee.com</a></p>	<p>Social Media: <a href="https://www.Facebook.com/HydeAdulting/">https://www.Facebook.com/HydeAdulting/</a> <a href="https://www.instagram.com/hydeadulting/">https://www.instagram.com/hydeadulting/</a></p>
<p><b><u>Thursday</u></b></p>	<p><u>Live Zoom Meeting</u></p> <p>Quarantine Chronicles</p> <p>This is an opportunity for teens to connect with each other and participate in icebreakers, talking circles and other fun activities.</p> <p>Time: Monday &amp; Thursday from 1:00pm-2:00pm *youth must message us for the password for EACH session*</p>	<p>Join Zoom Meeting <a href="https://zoom.us/j/3529667037?pwd=RFVZY0pmTDc5bCt0WXBDQitFMFdxQT09">https://zoom.us/j/3529667037?pwd=RFVZY0pmTDc5bCt0WXBDQitFMFdxQT09</a></p> <p>Meeting ID: 352 966 7037</p> <p>Password: Changes with each session. To get it: Message @hydeadulting on Facebook or Instagram <a href="https://www.Facebook.com/HydeAdulting/">https://www.Facebook.com/HydeAdulting/</a> <a href="https://www.instagram.com/hydeadulting/">https://www.instagram.com/hydeadulting/</a> OR email <a href="mailto:ellen@gethealthyslc.org">ellen@gethealthyslc.org</a></p>

**Quarantine Chronicles**

Activities for Teens

	<p style="text-align: center;"><u>Social Media</u></p> <p>#ThrowbackThursday</p> <p>Each week has a new theme that youth can participate in by posting a photo in the comments or sharing it on their own page by using #slcstayshome #throwbackthursday and tagging @HydeAdulting on Facebook and Instagram.</p>	<p>Social Media:</p> <p><a href="https://www.Facebook.com/HydeAdulting/">https://www.Facebook.com/HydeAdulting/</a></p> <p><a href="https://www.instagram.com/hydeadulting/">https://www.instagram.com/hydeadulting/</a></p>
<p><b><u>Friday</u></b></p>	<p style="text-align: center;"><u>Social Media</u></p> <p>#FunFriday</p> <p>Each week there will be a new ideas on how to stay busy at home and safely communicate with friends and family who they aren't able to see. We are challenging youth to try out these activities!</p>	<p>Social Media:</p> <p><a href="https://www.Facebook.com/HydeAdulting/">https://www.Facebook.com/HydeAdulting/</a></p> <p><a href="https://www.instagram.com/hydeadulting/">https://www.instagram.com/hydeadulting/</a></p>