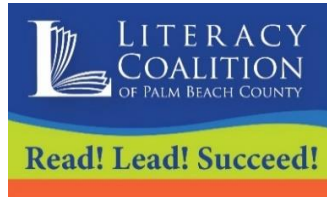


READ and THINK before you ACT.



Leading through Reading

Yearning to Hang Out (6-8)

READ



Do you miss hanging out with friends? Not to rub salt in a wound, but friends really do matter. Not being able to hang out with friends is a loss that may make you feel sad. As with any loss, it is important to cope with your loss and sadness in a healthy and safe way.

If you are finding that physical distancing is bothering you more than it is troubling the other members of your family, there is a reason. The stay-at-home way of life may pose stronger challenges for people in your age group than younger children or adults because being with friends is a proven part of adolescent development. Time with peers may be more of a need than a want for those who are in middle and high school.



Right now, as much as you may want (or need) to hang out with friends, you cannot know if one of your friends is an asymptomatic carrier. Hanging out would be taking a chance. Since no one wants to help a deadly virus hurt others, you cannot hang out in the usual way. The good news is that even though you must stay home while waiting for health data to signal officials how to set guidelines, offer recommendations and reduce the restrictions on socializing, there are ways that you can safely hang out with people your own age.

Read these helpful hints: [Advice for parents](#) and [Advice for teens and tweens](#)

THINK

Other than hugs or high fives, what helps you to feel connected to friends? Is it seeing their faces? Hearing their voices? Is it that they understand you? Do you seem to have your own special language? How can you still enjoy those things?

ACT

Miss My Friends Must # 1 The best thing to do through this pandemic is to take care of yourself while you are staying at home. Practice mindfulness and positive thinking. Set a schedule that includes a time to work and a time to relax. Do your best to eat and sleep well. Remind yourself that it is okay to occasionally enjoy free time on your own, in your home, away from family members. This may be by using earbuds and becoming absorbed in what you are watching, or it may be by physically going into another room.

Miss My Friends Must # 2



BFF/Dude Chat- Be sure to text and call your friends. Start a group text or reach out to one person at a time. Lots of friends hanging out is fun, but there is nothing as great as chatting with a bestie/best bud.

Zoom Party Games- Host a Zoom session. To avoid everyone talking at the same time, plan some topics or games!

Here are some game ideas:

Scavenger Hunt- Name an object (i.e. roll of TP or a twist tie). Say "Go". Give everyone a time (i.e. 30 seconds). The first person who finds the object at their house is the winner. Repeat until it gets old.

Who's Who?- Name a fact about one of the guests (i.e. this person's favorite food is ... or was born in Jamaica). Ask the other guests to guess who it is that you are describing for the point. Most points win.

Read these articles for more ideas: [Zoom Hangout Games](#) for Students and [Zoom Netiquette](#)

educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypbc.org