


TIPS FROM TEENS

Orange County teens offered these tips to fight boredom and to stay social while remaining physically apart during the COVID-19 pandemic.

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- Be outside.
 - Do chalk art on sidewalks or driveways.
 - Exercise.
 - Learn to cook or grill.
 - Try new recipes.
 - Listen to music.
 - Write stories or journal random thoughts.
 - Tinker with computer programming.
 - Practice skills you'll need later in life.
 - Explore your faith.
 - Make friendship bracelets.
 - Make something with modeling clay.
 - Paint.
 - Sew.
 - Get a new pet.
 - Garden. Some teens helped put up a fence for a MASSIVE family garden.
 - Start something you never had time to do before.
 - Learn a language. One teen has started learning Japanese.
 - Research something you want to learn more about. One teen is learning about super families of snakes and compiling facts into a notebook for future use. Her dream job? To work in a venom lab.
 - Find someone in your contacts you haven't talked to in a while and reconnect.
 - Dye your hair or a household member's hair.
 - Make envelopes and cards and mail letters to friends.
 - Make a video. One teen filmed herself doing 50 pushups.
 - Help complete a family project. One teen is helping paint his family's fence.
 - Play card or board games with family. One teen said her family tries to do this at night so they aren't sitting separately on electronics.
 - Binge watch TV shows or watch videos on TikTok and YouTube.
 - Use an app like Airtime to watch videos, shows and movies with friends.

Want to share additional tips?

Contact the Hillsborough Public Information Office [online](#) or share [social distancing ideas](#) on [Engage Hillsborough](#), an online engagement platform the Town of Hillsborough is testing.

