

# Things your teen can control

Finding enjoyable and constructive things to do at home

Limiting news intake and avoiding 'fake' news

Being kind towards others who might be finding things tough

The amount of time spent online versus being active

Engagement in the classroom and during online lessons

Keeping yourselves and others safe by following the rules

Positivity and gratitude for the people and things around you

&

## Things they can't control



How long the crisis will last

How others follow the rules

What others are saying

If shops run out of stock

What 'tier' you are in

Whether schools stay open

What the law says