

Adolescent Activities

These activities can be used with both groups and individuals.

Ages 12-18

RECREATION

Social activities such as cooking, movies, listening to music, crafts, games, dances, bowling and hayrides can help adolescents relieve anxiety. These activities can also put youngsters in contact with fellow evacuees, allowing for connection to peers.

EXPRESSIVE ART THERAPY

Adolescents can be directed to express themselves through photography, drama, and other art forms such as drawing and painting.

INFORMATION AND DISCUSSION ACTIVITIES

Information and discussion activities that promote a sense of control, security and competence may include arranging speakers, such as weather specialists to come and talk to groups. Providing a group with factual information about weather patterns and hurricanes in particular may help to rationalize anxieties about weather changes.

RELAXATION

Teach adolescents how to recognize physical manifestations of stress and provide them with methods of how to relax the body, such as deep breathing and the progressive muscle relaxation technique.

<http://www.tlcinstitute.org>

This information is made available courtesy of The National Institute for Trauma and Loss in Children (TLC), a non-profit 501(c)3 program of Children's Home of Detroit (CHD). If you have questions that you would like to ask our TLC Certified Trauma Specialist on staff, or would like a recommendation for a TLC Certified Trauma Specialist in your area, please call TLC toll-free at 877-306-5256 or email us at steele@tlcinst.org