

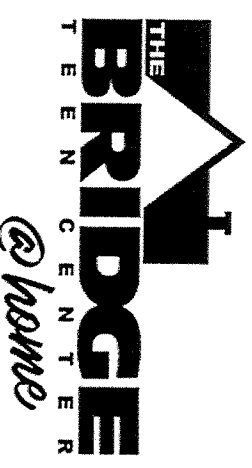


## CREATE YOUR OWN RECIPE

1. Check out the list of 12 food items below.
2. Create a recipe that includes at least 4 but no more than 6 out of these 12 ingredients.
3. Salt, pepper, sugar and dairy butter are "free" ingredients you may also use.
4. Submit your recipe via email to [info@thebridgeteencenter.org](mailto:info@thebridgeteencenter.org) by Monday, March 30<sup>th</sup> at NOON.
5. Bridge Staff will choose 3 recipes to try and we will vote on which one is the most creative and tastiest!
6. Watch Facebook Live on Wednesday, April 1<sup>st</sup> at 3:30 to find out who our winners are.

<b>Cheese</b>	<b>Nut butter of your choice</b>
<b>Crackers</b>	<b>Eggs</b>
<b>Fruit of choice</b>	<b>Honey</b>
<b>Milk</b>	<b>Oatmeal</b>
<b>Olive Oil</b>	<b>Bread</b>
<b>Veggie of choice</b>	<b>Yogurt</b>

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## “BE KIND” CHALLENGE

1. Tell each family member why you are thankful for them.
2. Make something that you know will make someone else happy and give it to them.
3. Help a family member do something.
4. Make a meal or snack and help clean up after.
5. Make a card for someone.
6. Call or FaceTime a relative let them know you are thinking about them.
7. Leave an encouraging/positive message post-it on family bathroom mirror.
8. Clean or organize your room or a closet in the house.
9. Make random positive/uplifting comments on social media to friends & family.
10. Find funny jokes online and post them on the fridge to make others laugh.

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# Challenge CARD

## **BACKYARD CHALLENGE: USE YOUR SENSES!**

*Take some "me" time outside of the house to just wander. Choose from the list below to make your wandering time an adventure. Take photos to document your experience if you would like.*

### **VISION:**

Look for new spring growth or discover moss along edges of your house or walkways.

### **TASTE:**

Bundle up and eat lunch outside or make your favorite hot drink to take with you.

### **HEARING:**

Listen for birds chirping or close your eyes and listen to the wind in the trees.

### **TOUCH:**

Feel the grass or feel the warmth from the sun (if it's shining).

### **SMELL:**

If you have an evergreen in your yard, pull the needles and crush them, smell the pine or breathe in the fresh air!

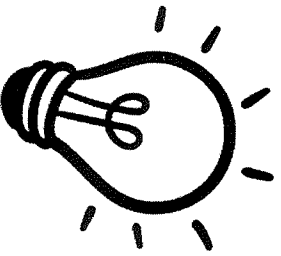


## CREATE A WEEKLY SCHEDULE

*Time can seem to move slow if you don't have something to look forward to. Create a weekly schedule you can use year-round using this fillable PDF found on our website:*

<https://thebridgecenter.org/uploads/Bridge@HomeWeekTimeline.pdf>

Feel free to put your artistic flair on this fillable field PDF tool - filling in your academic time, time to explore and be adventurous, time to unwind, and time slots to use your "Bridge at Home" kit!

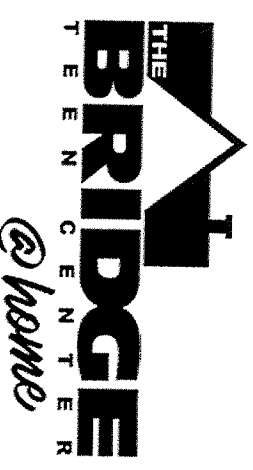


**SHARE WITH THE FAMILY ON THE FRIDGE OR IN YOUR ROOM.**

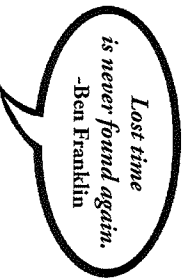
**USE THIS "HISTORY MAKING" TIME PERIOD TO CREATE THE LIFE YOU WANT!**

**MAKE ONE FOR THE WHOLE FAMILY, TOO.**

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# WEEKLY TIMELINE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM							
9AM							
10AM							
11AM							
NOON							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							



## HOT CHOCOLATE & CHIT-CHAT

*After preparing your hot cocoa (in your kit), gather those in the house and take turns reading and answering the following questions out loud. Feel free to go in order or bounce around the list – Just have fun with it!*

- You are given \$100 you can only spend on the person sitting to your left. How do you spend it?
- Describe your perfect Saturday (no social distancing required)?
- Who takes the longest in the bathroom every morning?
- Not having school in session makes me feel \_\_\_\_\_ ?
- If you became “famous” in the future, what would you like to be famous for?
- Who farts or burps the most?
- With everything going on right now I’m really relived that I don’t have to \_\_\_\_\_ ?
- What’s something you feared when you were younger that you’re no longer afraid of now?
- Who would be most likely to help an old lady cross the street?
- What is the one thing you would never sell no matter what someone was willing to pay?



## MY GRATITUDE LIST

*If you love to write or making a list try this out! Grab your favorite notebook, journal or just use the back of this paper. Take some time to explore the amazing you!*

1. Tour your house, in each room write down something you see that you are grateful for?
2. Write about a happy memory – meeting a new friend? A place you visited? A holiday adventure?
3. Open your phone or photo album and find a photo that you like. Why are you grateful for this photo?
4. What have you recently made that you're grateful for?
5. Make a list of friends or family members you're grateful for.
6. How are you able to help others?
7. What's one personality trait that you're grateful for? (google "personality trait list" if that helps)
8. Write about an accomplishment you're grateful for.
9. What public service organization / charity are you grateful for and why?
10. Write about a failure you're grateful for. What did you discover from it?
11. Open the window / curtain and look outside. What do you see that you're grateful for?
12. What have you been given that you're grateful for?



## DIY: UPCYCLED T-SHIRT TOTE BAG

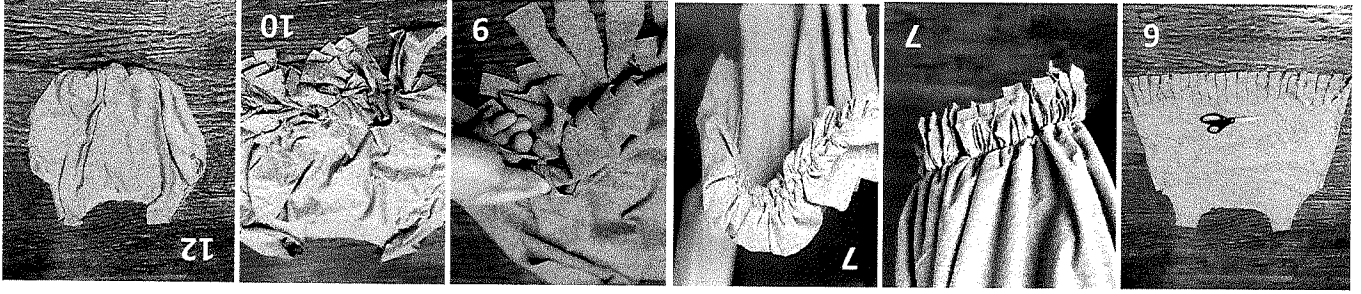
**SUPPLIES:** One old t-shirt and a pair of scissors

**INSTRUCTIONS:** (PHOTOS ON BACK)

1. Make sure your shirt is washed and dried (this includes NEW shirts).
2. Lay it out flat on the floor. Make sure to match up the two body line seams.
3. Cut off the sleeves 1 inch from the sleeve seam line. The length of the straps will depend on how low you cut the sleeves off. The larger the cut you make, the longer your straps will be. Repeat for other sleeve.
4. Cut out the neckline from the t-shirt. For those that have crafted with scissors, you can free-hand it. If you have never done anything like this, you can lay a large bowl or bucket a few inches from the neckline and then trace with a marker. After that, cut the neck opening out. Note: If you plunged your sleeve cut lines down further, you will also want to plunge your neckline cut down as well.
5. Next, cut the bottom of the t-shirt into vertical strips, about 1-inch width. Do this all the way across the bottom of the t-shirt.
6. You'll need to decide if you want your bag to have tassels on the bottom like shown in the left picture or a more clean line in the right picture. If want it to have a more clean-lined bottom, flip your t-shirt inside out before continuing to the next step. If you want to have tassels hanging out, do NOT turn your t-shirt inside out and continue to the next step.

7. Lay your t-shirt flat on the floor again, so that you can see the strips you cut.
8. You will have one strip on each end of your shirt that will be a single wide strip. To tie your first end, find that single wide strip and separate it from the first pair of strips to be tied. **THE ONLY** one knot in the first pair of strips. Then, lay the single wide strip across the knot you just made. Now tie the second knot with the pair of strips. This will ensure you don't leave an opening on the end of your bag.
9. Continue down the shirt, tying each pair of strips **TWICE** until you reach your last pair, to ensure it doesn't come undone.
10. Similar to how you did your first end, you will have to separate the single wide strip from the final pair of strips to be tied. **THE ONLY** one knot in the first pair of strips, and then lay the single wide strip across the knot you just made. Then tie the second knot with the pair of strips. This will prevent the other end of your bag from having an opening in it. Remember, your bag will have some give and stretch in it.
11. If you opted to not have tassels on your bag, flip it inside out once you are finished tying your knots. If you opted to leave the tassels showing on your bag, then there is no need to flip the bag inside out.

**FOR MORE PHOTOS AND DETAILS:** <https://happiestcamper.com/how-to-make-a-no-sew-t-shirt-bag>







## INDOOR/OUTDOOR BUILDING CHALLENGE

Use what's available in your home (WITH PERMISSION) along with your creativity to achieve structural integrity! Snap a photo of your creation and email it to [info@thebridgeteencenter.org](mailto:info@thebridgeteencenter.org) and you may win a prize. We'll highlight some of the best creations on social media and award prizes when we reopen. Bonus points will be awarded for timestamped photos showing structures that last 1, 6, & 12 hours.

### INDOOR BRIDGE:

Use items only from the list below and create a "Bridge" type structure standing at least 12" tall that can support a small stuffed animal, the middle/peak must be a minimum of 5 inches off the standing surface.

Pencils	Q-tips	Tooth Picks	Plastic Silverware
Uncooked Pasta	Scotch Tape	Marshmallows	Index Cards
Rubber Bands	Playing Cards	String	8.5x11 Paper (or smaller)
Stuffed Animal	Glue/rubber cement		

### OUTDOOR TOWER:

Explore outside your home (or in garage/shed) and collect items from the list below to safely build the tallest structure.

Tape measure (to show how tall in photo)	Sticks/Twigs
Scrap Wood	Branches (fallen off; don't break off)
Broomsticks/mop handle	Tape
Rope/String/Twine	Rubber Bands
Vines	Rocks

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