

6 Types of Fun Summer Activities for Teens

六種有趣的暑期青少年活動

By Denise Witmer

Updated March 15, 2017

Although most teens look forward to summer break, many of them grow bored by the second week of vacation. And sadly, many bored teens spend their summer vacations staring at their electronics.

雖然多數年輕人期待暑假到來，但往往在暑假的第二周就開始覺得無聊。更令人難過的，許多覺得無聊的年輕人將他們的暑假都耗在電子產品上。

With a little help from you, however, your teen can make this summer the best vacation ever. Here are the best summer activities for teens that will keep your child happy, fit, and healthy.

然而，父母親的一些幫忙，可以讓青少年得到今夏最棒的暑假。這裡有些暑假活動可以讓青少年活得快樂又健康

Suggest Family Activities Your Teen Will Love

推薦青少年會喜歡的家庭活動

Summer is a great time to spend quality time together.

Without the stress of school work and with fewer activities on the calendar, you'll likely have more opportunities to bond. Here are some strategies for creating family activities your teen will enjoy.

- **Create family challenges:** Establish a weekly contest, such as who can build the highest card tower or the best sand castle.

- **Play with your teen:** Whether you toss water balloons at one another, or you dive head-first down the slip-and-slide, don't be a spectator. Show your teen that you're willing to get in there and have fun together.
- **Enjoy some quiet time together:** Go on a family picnic and spend an afternoon watching the clouds. Or, hold an old-fashioned family board game night at home.
- **Make food fun:** Whether you make your own ice cream or you take turns choosing dinner options, there are many opportunities to turn meals into fun family activities.

暑假是全家人能一起度過的珍貴時光

少了學校功課壓力及一些列在行事曆上的活動，你將有更多機會和家人連結情感。以下有些策略可以協助創造你和你的青少年會喜歡的家庭活動

- **創造家庭挑戰：**

建立每周比賽活動，如：誰可以用紙卡堆疊出最高的塔或最美的沙雕城堡

- **和青少年一起玩：**

無論是你向誰丟水球或是你們去淺水，都不要做一個旁觀者。向你的青少年小孩表示你樂意在這和他們一起玩得很開心

- **一起享受安靜時光：**

一起來個家庭野餐或是一起度過午後看雲。也可以晚上在家一起玩桌遊

- **享受一起做食物的樂趣：**

不論是你自己做冰淇淋或是輪到你提議晚餐選擇，有許多機會讓吃飯變成有趣的家庭活動

Plan Projects That Can Last All Summer

規劃可以持續整個暑假的活動

Create a project that will keep your teen busy, but one that will also give your teen a sense of accomplishment at the end of the summer.

Sit down with your teen and brainstorm some possibilities. Here are a few projects that your teen might want to try.

- **Start a garden:** Growing a pizza garden, starting your own vegetable garden, or building a flower garden can give your teen something to do all summer. From healthier eating habits, to improved psychological well-being, gardening offers teens some surprising benefits.
- **Encourage your teen to volunteer:** Talk to your teen about volunteering throughout the summer. Many organizations, like hospitals, accept teen volunteers. Your teen may also be able to participate in fundraisers for various causes.
- **Start a business:** Even if your teen is too young to get a job, she can always start a business. A simple lawn care business or dog walking service could be a great way to teach responsibility and earn some extra income.
- **Plan an event:** Let your teen help plan a family vacation or tell him he can throw a back-to-school party if he does the planning. Planning an event could help your teen practice life skills, such as budgeting, time management, and communication.

計畫一種可以讓青少年忙碌的活動，但同時也在暑假結束前帶給他成就感

和青少年坐下來腦力激盪一些可能性：有些活動青少年也許想試試看

- 開始種植自己的花園：

種植如 pizza 般形狀的多樣化花園，你可以有你自己的蔬菜花園，讓你的青少年整個暑假都忙於此。無論從健康的飲食習慣到改善心靈，花園提供給青少年超多好處

- 鼓勵青少年當志工：

跟你的青少年討論暑期當志工。許多的機構，如：醫院，接受青少年志工。青少年也可參與募集基金的活動

- 開始自己的事業：

儘管青少年太年輕而無法獲得工作，他總是可以開始自己的事業。幫人除草或是溜狗服務就是很好的方式去教導青少年責任感並獲取額外的收入

- 規畫活動：

讓青少年規畫一個家庭旅遊活動或是告訴他，他可以舉辦一個「返校派對」假如他有事先規劃。規劃活動可以幫助青少年練習生活技巧，如：預算控制、時間掌控以及溝通協調

Promote Activities That Will Keep Your Teen

Physically Active

提倡可讓青少年身體保持活躍的活動

With fewer sports activities, summer vacation can lead some teens to become sedentary, which isn't good for their health. Here's how to prevent your teen from becoming a couch potato.

- **Encourage your teen to get active every day:** If your teen doesn't participate in organized sports during the summer months, encourage her to find ways to stay active. Challenge her to ride her bike five miles per day or to swim at the town pool several times a week.
- **Plan family activities that involve exercise:** Go hiking as a family on the weekends or go for a walk every evening after dinner. Look for new activities you can try as a family, too. Whether you experiment with frisbee golf or you take surfing lessons together, make fitness fun.

若沒有運動的話，暑假會讓很多的青少年變得久坐不動，而這對健康是不好的。這裡有些建議如何預防青少年變成成天躺著或坐在沙發上看電視的人

- **鼓勵青少年每天都要活動**

假如青少年在暑假時間並沒有參與有系統性的運動，那就鼓勵他們以自己的方式讓自己每天都要活動。給自己挑戰，如：每天騎腳踏車五英里或是一個星期去游泳池游幾趟

- **計畫有涵蓋運動的家庭活動**

全家可以利用周末去健行或是在晚餐後，每個傍晚去外出散步。或是替自己的家庭尋找新活動，不論是玩飛盤、打高爾夫球或是上衝浪課，都能讓健身變得更有趣

Encourage Activities That Will Keep Your Teen

Mentally Active

鼓勵可讓青少年心靈保持活躍的活動

Summer brain drain can be a real problem, especially if your teen spends his days playing video games. Encourage him to get involved in activities that will help him keep his mind sharp. Help him discover fun activities that encourage learning.

1. **Think about the future:** Summer is a great time to encourage your teen to focus a little on the future. Visit a college together or help arrange for your teen to job shadow someone who works in a career that interests him.
2. **Encourage your teen to read:** Take a weekly trip to the library and challenge your teen to read a new book each week. Encourage him to explore new genres or to start a book club with friends. Reading can help keep your teen's brain active and it can turn him into a lifelong learner.
3. **Use electronics in a healthy way:** Rather than staring at a screen, encourage your teen to build a website or learn graphic designing.

暑假期間的腦筋枯竭真是一個問題，尤其若青少年花很多時間在玩電玩上。鼓勵青少年參與一些能讓他們的腦筋保持靈敏的活動。幫助他們發現可以幫助學習的有趣活動

1. 思考自己的未來：

暑假是很好的時間，可以鼓勵青少年專注思考未來。一起去拜訪大學或幫助青少年職場體驗，安排去見那些在他們有興趣的工作職場上做事的人

2. 鼓勵青少年閱讀：

每周去一趟圖書館，鼓勵青少年每周念一本新書。鼓勵他探索新的類型或是和朋友開始讀書會。閱讀可以幫助青少年的腦筋保持活躍，也可以讓她成為一個終身的學習者

3. 以健康的方式使用電子產品：

鼓勵青少年自己架網或是學習視覺設計，而非只是掛在網路上

Plan Indoor Activities

計畫室內活動

It's important to plan for those rainy days or searing hot days when your teen isn't likely to go outside. Find some indoor activities that your teen can keep in mind so she won't get bored. Here are some ideas that can keep her busy.

- **Provide art supplies:** Art projects can be as simple as a collage made from old magazines or can involve complex crafts like sewing a new outfit. Encourage your teen to write songs, draw pictures, and create poetry.
- **Encourage household activities:** There are always things that can be done around the house. Let your teen paint her bedroom a new color or assign her projects, like cleaning out the garage. Challenge her to show you that she can be responsible.

計畫在下雨天時或大熱天時的活動很重要，因為你們不可能外出。規畫一些室內活動，這樣青少年就不會覺得無聊。這裡有些想法可以讓他們保持忙碌

- 提供美術用品：

從事美勞勞作可以是最簡單的，如：用舊雜誌做成的拼貼，或是比較複雜的勞作，如：縫製新衣服。鼓勵青少年寫歌、畫畫、創作詩歌等

- 鼓勵做家事：

家裡面總是有忙不完的事情。讓小孩重新油漆自己的房間，或是自己安排做家事，如：清潔車庫。鼓勵他們展現他們負責任的態度

Support Activities for Your Teen to Do With

Friends

和朋友一起參與活動

It's important for teens to maintain healthy friendships. And sometimes, during summer vacations, a little adult support can ensure those friendships stay active in the absence of school. Here are a few fun activities for teens to do with friends during the summer.

- **Allow your teen to have friends over:** There's a lot to be said for knowing where your teen is and who she is hanging out with, so be willing to host an overnight movie marathon or agree to drive the teens to the beach. If your teen doesn't see friends often, encourage her to plan several events during the summer months.
- **Help teens get involved in the community:** Teens have a lot of time during the summer, and quite often, communities have needs. Try to link your teen to community activities, such as organizing an event or reading to children at the library. With a little help getting started, many teens enjoy becoming more involved in their communities.

維持健康的友誼，對青少年而言，是很重要的。有時候，在暑假沒有去學校期間，大人的一些支持可以確保這些友誼依舊是活躍的。暑假期間，青少年依舊可以和朋友從事一些有趣的活動

- **允許青少年有自己的朋友圈活動**

父母能夠知道你的青少年在哪，和誰一起鬼混，也願意接待過夜電影馬拉松活動或是同意載青少年去沙灘活動。假如青少年不常和朋友在一起，鼓勵他們在暑假期間計畫幾個活動

- **幫助青少年參與社區活動**

青少年在暑假期間有很多時間，而這時候，社區也有很多需求。試著將青少年和社區活動作連結，如：規畫活動，或在圖書館為小朋友閱讀故事。如果大人能在起頭時給予一些協助，許多青少年會更喜歡參與社區活動

Source: <https://www.verywell.com/fun-things-for-teens-to-do-this-summer-2611143>