

10 Essential Tips to Help Middle Schoolers Thrive During Quarantine

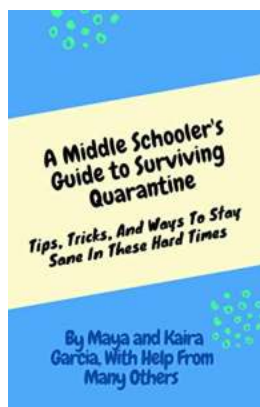
Are you a middle schooler stuck at home during quarantine? While it might feel like a challenging time, there are plenty of ways to make the most of it! In this article, we will provide you with ten essential tips to help you not only survive but thrive during this period of isolation. From managing your time effectively to staying connected with friends, we've got you covered! So, let's dive right in!

1. Create a Daily Routine

Establishing a daily routine can provide structure and purpose to your day. Wake up and go to bed at consistent times, plan your study schedule, include exercise, and set aside time for hobbies, relaxation, and family activities. A routine will help you stay organized and maintain a sense of normalcy.

2. Set Goals

Use this time to set personal goals. Whether you want to improve your grades, learn a new skill, or start a project, having goals can keep you motivated. Break them down into smaller, manageable tasks, and celebrate your achievements along the way.



A Middle Schooler's Guide to Surviving Quarantine: Tips, Tricks, and Ways to Stay Sane in These Hard Times by Jeff Hill (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 675 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 27 pages
Lending : Enabled
Screen Reader : Supported



3. Stay Active

Exercise is not only crucial for your physical health; it also has a positive impact on your mental well-being. Engage in activities such as yoga, dancing, or even simple home workouts to keep your body and mind active. There are numerous online resources and apps available to guide you through easy exercises.

4. Read, Learn, Grow

Now is the perfect time to read that book you've always wanted to or explore new subjects that interest you. Take advantage of the multitude of online resources offering virtual tours, educational videos, and interactive courses. Expand your knowledge and feed your curiosity!

5. Limit Screen Time

While it's tempting to spend hours scrolling through social media or playing video games, excessive screen time can negatively impact your well-being. Set boundaries and allocate specific hours for screen use. Engage in offline activities like puzzles, crafts, or practicing a musical instrument.

6. Stay Connected

Quarantine doesn't mean isolation from your friends and loved ones. Make use of technology to connect with them through video chats, group calls, or online gaming. Engage in virtual study sessions, host a Netflix party, or simply have a

fun conversation. Staying connected will make you feel less alone during this time.

7. Practice Self-Care

Self-care is essential for maintaining a healthy mindset. Engage in activities that bring you joy and relaxation, such as taking bubble baths, practicing mindfulness or meditation, or pursuing creative hobbies like drawing or writing. Nurture your mental and emotional well-being.

8. Help Around the House

Show appreciation for the support your family provides by helping with household chores. Learn to cook, clean, or organize your living space. Not only will it keep you busy, but it will also develop important skills and create a harmonious environment for everyone.

9. Try Something New

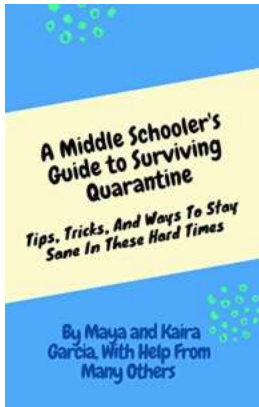
Explore new hobbies or activities you've always wanted to try but didn't have the time for. Experiment with cooking, painting, gardening, or playing a musical instrument. You never know, you might discover a hidden talent or passion!

10. Stay Positive

Finally, maintain a positive mindset. Remember that this situation is temporary, and things will eventually get better. Focus on the opportunities it presents, like personal growth, spending quality time with loved ones, or pursuing your passions. Surround yourself with positive influences and find joy in the little things.

Surviving quarantine as a middle schooler doesn't have to be a daunting task. By following these ten essential tips, you can make the most out of this isolated

period and even thrive. Establish routines, set goals, stay active and connected, and take care of yourself. Remember, you have the power to shape your quarantine experience in a positive way. Embrace this opportunity to learn, grow, and come out stronger as you navigate through these challenging times. You've got this!



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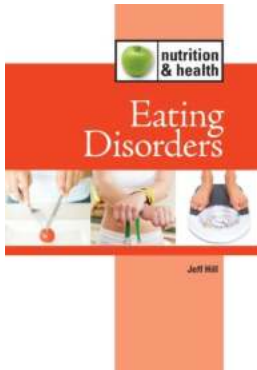


Written by Students for Students

Let me just say it. Quarantine sucks. Having to stay 6 feet apart, the masks, not being able to go on vacation or even just have a sleepover with your friends! Covid threw a wrench into all our plans, and more importantly, our lives.

Despite all of that, we don't have to let it keep us down in the dumps. We can find ways to entertain ourselves and socially distance. This is where this book comes in.

A Middle Schooler's Guide to Surviving Quarantine will (hopefully) help you, and give you inspiration on how to do things safely, and have fun at the same time! We've stocked this book chock-full of knowledge, experiences, and so much more.



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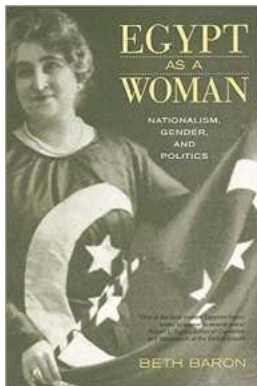
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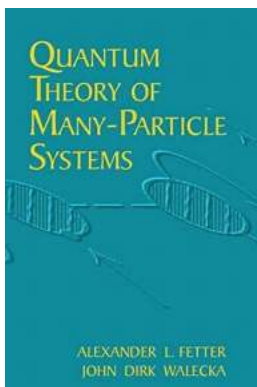
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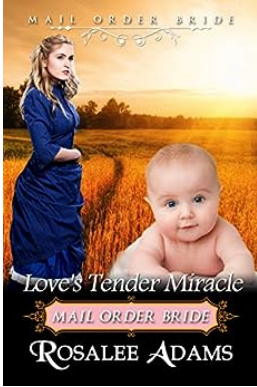
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