



The Idea Generator

Working together with your teen, use the Idea Generator (on the next page) to come up with a list of activities that are challenging and fun. Here's how it works:

1. In the first column, have your teen circle all the ideas that sound appealing. (If none do, write some in.)
2. Brainstorm with your teen about activities that fit each circled ideas in column one, and write them in the second column. At the end of your brainstorm, have him circle the ideas that sound the most interesting.
3. In the third column, have your teen write down a target for trying each circled activities in column two, then map those dates to a calendar. Committing to timeframe may keep him motivated.
4. In the fourth column, have your teen rate the activity after he's tried it. Be prepared to accept what he has to say, and use his feedback — even if it's negative — to start a conversation about taking other healthy risks

The Idea Generator

| I like... (Circle all that apply.) | So I may enjoy... (Write in activities that match the idea on the left, then circle the most interesting ones...) | I want to try this by... (Write some target dates here and on a calendar.) | I tried it and it was... (five stars = best) |
|--|---|--|--|
| Being outdoors. | (Hike, start a car wash or garden business, try out a sport, work as a guide...) | | |
| Being in a group. | (Play on a soccer team, join a band or theater group, work on a staff...) | | |
| Learning. | (Work at a library, take advanced courses, mentor with a pro, teach...) | | |
| Being quiet. | (Try a solo sport like running or swimming, write a blog, do research, make art...) | | |
| Creating. | (Perform music, start a dance group, paint, enter a creative writing contest...) | | |
| (Your own idea here.) | | | |
| (Your own idea here.) | | | |