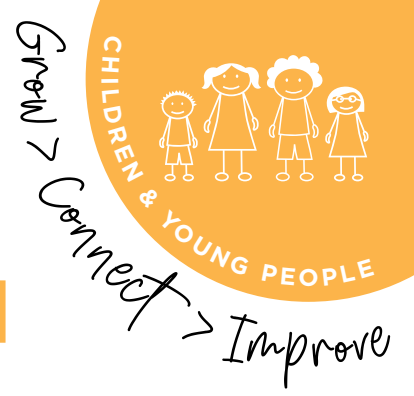








# Week Twelve



## Activities for Children and Young People (5-16 years)

Idea	Website	
Scrunchie Craft - How to sew scrunchies or hair ties with a professional look	<a href="https://mellysews.com/how-to-make-scrunchies/">https://mellysews.com/how-to-make-scrunchies/</a>	
24 Essential Cooking & Baking Skills You Should Know	<a href="https://www.sheknows.com/food-and-recipes/articles/1140231/cooking-skills-for-teens/">https://www.sheknows.com/food-and-recipes/articles/1140231/cooking-skills-for-teens/</a>	
25 Simple Recipes Teens Can Cook Themselves	<a href="https://raisingteens.com/25-simple-recipes-teens-can-cook-themselves/">https://raisingteens.com/25-simple-recipes-teens-can-cook-themselves/</a>	
Cyber Insecurity: The harmful impact of 'vanity apps' on child self esteem	<a href="https://www.familyzone.com/anz/families/blog/cyber-insecurity-dangers-of-vanity-apps">https://www.familyzone.com/anz/families/blog/cyber-insecurity-dangers-of-vanity-apps</a>	
How teenagers can protect their mental health during coronavirus (COVID-19)	<a href="https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19">https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19</a>	