

# QuaranTeen Queen



## QuarinTeen Queen Decleration

*Dianne McConnell's fabulous  
guide to thriving during  
lockdown*

Feeling tired, useless, completely unmotivated to do anything?

This is the thing for you.

Find your motivation with Dianne's easy step guide showing you how to be productive and keep entertained during this lockdown and thrive to be the best QuaranTeen Queen (or King) you can be.

# Introduction

Hi there, My name is Dianne McConnell and I have written this book to help guide you through what is possibly one of the toughest things our generation is ever going to experience.

This book is to help teenagers and young people out there who are struggling with current Covid-19 situation. I know this seems like a stressful time for people and it can be quite worrying but I am here to tell you that there is nothing to worry about. All this is is a little change for the world to get back on its feet, with all of us staying inside we are being a massive help to them all the doctors out their fighting.

I am here to show you how you can adapt to this situation and how you can thrive during quarantine.

Now the “QuarinTeen Queen Declaration” is a project that I put together with the help of the workers at Includem. They helped me to find some motivation and to manage myself during lockdown. They managed to do this by giving me a schedule. A schedule helped me look at what I needed to get done in the next few weeks, I had an audition coming up that I was feeling stressed about but once I used this schedule I had it done in no time. It also gave me some time to think about what I wanted to do with my free time, I was interested in writing a book so as-well as working on my audition, I made a very successful start on a novel. I also managed to be on times for phone calls and video calls for classes and managed to be meeting my deadlines a lot easier.

Now doing this is incredibly easy and I recommend it for everyone, a schedule just allows you to take all the things that you either have to do in a day or want to do and it organises all those tasks into a manageable routine for the day, you can organise a schedule for the week and you will manage to achieve all the things you need to do and it will also give you time to relax, have fun and be productive. If there is work that you need to hand in and your stressing over deadlines, work it into a schedule to make sure that you get it done and get it done on time.

Also you should keep yourself busy during this time, so here is a guide to help you be productive and thrive into a QuarinTeen Queen during lockdown.

The following pages are a list of tasks I have put together for you to follow. They are really easy and these tasks will get you set up for organising a full week to be productive.

The tasks will prepare you by making sure you are tidy, positive and that you are in a good place and feeling ready to achieve during quarantine.

Remember that this is your experience, you can follow this guide at your own pace, don't feel you have to rush this or complete it for a certain time. This is just here to help you and if you ever think it's getting a little too stressful, feel free to put it away and come back later.



Now there is absolutely no excuse for looking trashy and awful during quarantine, yes you're stuck in the house, no you're not going anywhere but looking tired and dirty is only gonna make you feel that way. If you're wanting to be comfy and laid back, you can still do that and look good, here's how.

First off, you wanna have all your clothes, organised, in your wardrobe all hung up neatly in sections, T-shirt's, dresses, jackets etc. or tidily folded into your drawers. Having your clothes all organised in your room will make it easier for you to pick a good outfit rather than what's at the top of the pile on the floor. Also make sure your clothes are in season, this is summer time we're going into, get out your shorts, T-shirt's, summer dresses and shoes. You can have put a few jumpers and warm evening dresses because it can get cold, especially at night.

Having all your clothes organised will give you the perfect start to picking out a good outfit, first look outside and see what the weather is like, we may not be going outside but your clothes should match the weather and if it's good weather you should be out in the garden or going for a walk which is a good opportunity to show off your outfit to people.

Taking items of clothing from each section, just do some mix and matching, see what goes and doesn't go. Ask for a second opinion off of someone, I know asking your parents might seem embarrassing but trust me they don't want you looking like an idiot either. If your needing any inspiration, again go into YouTube and just browse through the videos and you will have yourself an amazing outfit in no time. Always remember, Look good = Feel Good

I'm sure you've heard the saying "Tidy room Tidy mind".

This is very true, if your room is a mess right now then your mind isn't going to feel calm or marinated whatsoever. Getting your room in order will certainly help get your mind in order.

Here are a few easy steps to help get your room in perfect, each step only has to be done one a day.

## Tidy Room



Now you will have a perfectly tidy room, everything has a place and when you go to do any of the following exercises you will know where to get things.

First step is to clear the floor, get everything off the floor and off your desk, bed, unit, wherever there's a mess, clear it. Rubbish, out in the bin. Clothes, in the wash. Anything else, find a home, right now or doesn't matter where it is. Once you have completed this, get your clothes washed and you will be ready to move in to the next step tomorrow. The next step is to go through every drawer, box or anywhere you have stuff stashed away. Go through them all by emptying them out and making two piles of 'Keep-Don't Keep' once you get rid of the things you don't want to keep, throw them out or give to charity, find a home for the things you do want. Do this one place at a time, so one day to the top drawer then the next day, the one below, this was at an easy pace you will eventually have a tidy room shared everything g belongs somewhere. Next step is to get all your clothes and throw them on the bed and do the same, 'Keep-Don't Keep' and sort out places in your room where certain clothes belong, trousers- drawers, dresses- wardrobe etc. Also as we're going into summer get your winter clothes and put them in a box that can go under your bed or on top of the wardrobe or somewhere as you won't need them, then when it gets to winter you do the same and swap out all the clothes. This allows you to have a tidy system.

Final step, Dust, Polish & Hoover. Go round every surface that should be clear apart from nice display items and clean everywhere, finish your room off with a Hoover and throw away the rubbish



# Care

Looking after ourselves using this time is absolutely crucial, due to having no motivation we can let ourselves slip and start to not look after ourselves. Even though we are in this situation, we can still look fresh and feel amazing and be productive.

It is nice to fit into your routine some time for looking after your physical appearance, making sure you're washing regularly (Trying to stop germs), brushing your teeth and keeping on top of that hair (ladies!) And as-well as that, fitting in some time to apply some nice products to help you have a fresh clean feeling, such as deodorants, perfumes & aftershaves, lip balms and body lotions. Little things like these are just little touches we can apply to make ourselves look nice with a glow and help us feel awake and ready for the day, this makes for a good morning routine.

At night it's nice to get into a 'bedtime routine' after you've given yourself time to relax before going to bed, you shouldn't be having a busy mind or be experiencing any tension, you should be relaxed and very calm to help your mind shut off for a good nights sleep. This routine could include applying a face mask or any facial products to help give your skin a healthy look, doing some meditative breathing and listening to calming music to help your mind settle.

When lying down in bed you should follow some simple meditative exercises that you can find on YouTube that allow you to relax your body and mind and shut your mind off and provide you with a relaxing deep sleep. Also calming music is available on there to listen to as-well.

Next it is also important to look after your health and well-being. Give yourself a stretching exercise to do every morning, this will help give your body some energy, also doing some workout moves in the morning will give you energy for the day as well as get you into shape. If you stick to a small exercise task every morning you will start to see improvement over the weeks, there are many apps to help you with this as-well as YouTube videos.

At least once a week, maybe twice or three times a week if your really involved into doing exercise, give yourself a full out workout. Find videos on YouTube and do a full cardio workout or something you can find to really push yourself and help keep you in shape. Also you could do a dance workout which you can find lots of on YouTube, doing one of these full out will be a lot of exercise for you and is very fun to do as well.

Now that you are all set up, let's go onto making that schedule.

Remember that this schedule is something you make, this will help you to reach deadlines easier and get work done a lot more productively.

Now of course your schedule shouldn't just be all work, you should fill your schedule with time to do different tasks to fill your time that can be fun and very beneficial for your learning. Giving yourself tasks to do means that you can come out of quarantine showing everyone how much you have accomplished and how amazing you've done in lockdown, it will be a proud feeling that I'm sure you would love to experience.

The following pages are a list of activities I have been filling my time with and they have all been super fun and have made me feel super productive and I've achieved a lot through these tasks, such as my book that I began to write.

Feel free to choose from the following activities you see and if any of them interest you, give them a go. Also if there's anything you can think of that you want to do that's not here than you can add that to your schedule if you like.



## *MAKEUP & BEAUTY*

Don't think that because of quarantine you can't look beautiful and fierce, there are still plenty opportunities to be looking absolutely fabulous. Whether you're going on a walk and might be noticed, having a zoom call with a teacher or colleague or just looking for some practise, it is still okay to slap on some makeup.

Putting on makeup can be a great confident booster so if your thinking that your looking awful or worn out during the lockdown, putting on some makeup can help you feel a little better and hearing someone compliment you will certainly bring a smile to your face.

If your just looking for a little touch of makeup to look a bit more presentable then give yourself a simple routine for the morning to apply a little to help you look awake and ready for the day, if you are wanting to experiment and get properly into makeup then make this an exercise for your schedule.

Using your own makeup or going onto websites such as Superdrug for great deals and prices, use your makeup to follow tutorials on YouTube's or apply for courses online and with your time in lockdown you will have learned a new skill in makeup and will feel more productive and confident.



# Arts & Craft

# And

# Creativity

Arts & Craft is an amazing way to keep yourself busy, the concentration and time that goes into a little exercise like this will be very beneficial and

There are multiple things you can do, Colouring, Dot to dot & painting are great ways to calm your mind and let your brain focus, it can be incredibly relaxing and therapeutic.

Sitting down with a sibling and giving yourselves a task with lots of different artsy materials will inspire you to work creatively and intimately with others, also a little competition can be healthy.

You can make lovely pictures and magnificent models that, if they turn out well, you can display on your wall or around the house, giving your home a more family decorative feel to it.

You can find these materials to be anything from paper, pens, Pom poms, glue, pipe cleaners, sponges (use scissors to cut them into shapes \*Adult Supervision\*) etc.





## Reading And Writing

Reading and writing is an excellent source of education as-well as creativity. Not only are you relaxing but by reading regularly you will discover new words and putting those words to practise in your writing will expand your vocabulary.

Giving yourself time to read often will allow you to rest while you also keep yourself entertained and busy, you can read anything from novels to comic books, you will still pass the time and you will still draw some inspiration and skill that you can put towards writing.

Writing is a task that most people struggle with, it can be hard to come up with the first sentence and even when you get past that, sticking to that story can be a challenge in itself.

A great way to help you start of a successful writing project is to plan. Plan out what your story is about, come up with a plot line and write out a fully detailed plan for what is going to happen in your story, knowing what is going to happen will help you keep on writing and stop you from getting 'writer's Block'.

Also plan out when you write your story, give yourself little time slots within your schedule to focus on writing, listen to music or have tv on in the background to help you focus or get into the zone, don't have anything in that you really enjoy, choose something random, if you enjoy it, you will get distracted and not write your story.



# Movie Time



After a long day of work and play, it is finally time for you to wind down and relax, you have achieved everything you want to do today and you feel good about it. Now you get to throw in a onesie make a cup of tea or hot chocolate and turn on the tv.

Catch up on the shows that you like, maybe rewatch a series or watch a movie franchise like Marvel or Star Wars, try something new, maybe plan out what you want to watch that week, a horror movie one night, a rom com the next and also maybe an action film.

Take this time to completely chill out and not have to stress about anything going on, you could update your social media and share with your friends what an awesome day you've had, who knows? You might encourage someone else to have a awesome day like you did.

## Making Your Schedule

Now that you've seen what it is you can do, it's time to make the decisions.

This is a really easy thing to do and these steps will help you to get a fully functioning schedule to make your life a lot easier. Again this does not all need to be done on the same day, if you wish to do one step a day, feel free it's important you work at your own pace.

First step, pick out what you need in your schedule, what work needs done? What deadlines have you got? Now also pick out what it is you would like to fill your time with, it could be all the things that you've seen or just a few, pick them out and have a list.

Next step is to write up a template of a timetable, you can make this a list of the days of the week and write beside each day what you want to do or you can write it out like a school timetable if you wish. This can be done on paper, a phone, a laptop, whatever you find is best for you that is going to help keep you organised.

The next step is to insert different tasks into different time slots in your timetable, you can have the one task three times a week or two times a week, it's all about what you want to get done and how much you want to do within the week.

Within your schedule there are a few things that should be in there that are the same each week so being aware of both a morning routine and night routine, this might mean that you go to bed at a certain time and get up at a certain time, your mornings and evenings should be similar every night as this is the time to either get you ready for the day or to help you be relaxed at night. Also every Sunday evening you should plan out the next week.

Final step is to go over your schedule and make sure that you have a productive week planned out, nothing is too busy and it's not too stressful for you.

Every night you can go over your schedule, It's good to be aware that not everything goes to plan perfectly and that's okay, if you end up not having time for something you wanted to do then that's okay or if it turns out you weren't feeling that great then it's okay to decide to do something a bit more relaxed, every night you can go over it and make some changes, Like I said before this is your schedule and your plan, work at your own pace and don't over complicate anything for yourself

# THANK YOU

And that is all you need to hear from me.

I hope that this guide has helped you wonderfully, it has certainly been a massive help in my life and I certainly hope that it does the same for you.

Remember, this is just a guide to help you get motivated, if you spring with ideas of your own, feel free and let your imagination run wild.

This lockdown is tough but we're all in it together and we can all thrive even tho we're stuck inside.

Thank you so much for taking the time to read this and I wish you all the best for becoming your own QuarinTeen Queen.

Remember. Stay Home. Stay Safe. And I luv you all.