



Milestone Celebration Guide

a MILESTONE is an important event in a person's life, usually marked by a large change

Source: World Health Organization

Why celebrate?

Celebrating milestones with friends and family is an important part of your mental health! Connecting during celebrations can improve your current mood and provide you with joyful memories to look back on. CELEBRATE YOU.

While Wearing a Mask:

1. **Cover your mouth and nose.** Make sure there are no gaps between your face and the mask.
2. **Avoid touching the mask.** If you do, clean your hands with alcohol-based hand rub or soap and water.
3. Replace the mask with a new one as soon as it is damp. **Do not re-use single-use masks.**

Safety Reminders



For more information, visit us at <https://www.nychealthandhospitals.org/>

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BIRTHDAYS



Streaming Party

Watch a movie with your friends/family chosen by the person being celebrated and discuss in real time chats



Virtual Hangout

Hold a virtual get-together with loved ones and host a birthday trivia night. Enjoy each other's favorite snacks, too!



Online Creation

Create something (video, collage, virtual card, slideshow) to surprise your friend with an upcoming milestone

GRADUATION



Car Parade

A fun beginning to a small graduation gathering would be a car parade with distant friends, or immunodeficiency-compromised family members so that they can safely join the celebration



Bake a Cake

Baking a cake from scratch is a perfect way to joyfully commemorate such a milestone. It will allow adolescents to enjoy time safely with their family



Walking Tour

Walk through your high school neighborhood and reminisce about your experiences. Try to follow your daily routine with your friends

PROM & HOMECOMING

Smule

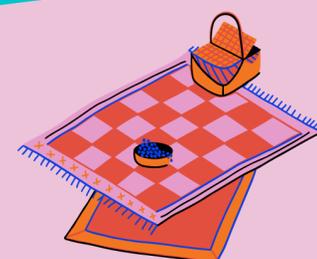


Smule is an app that allows you to virtually do Karaoke. The app consists of more than 10 million karaoke songs and is designed to let you sing virtually with strangers or your own group.



Photoshoot

Invite your friends to a beautiful outdoor location not too far from each other. Dress up and take fun, memorable pictures. Feel free to use wacky accessories from the dollar store



Picnic Gathering

Enjoy the wonderful spring weather and invite your close friends to a beautiful local park. Bring each other's favorite snacks and a speaker!