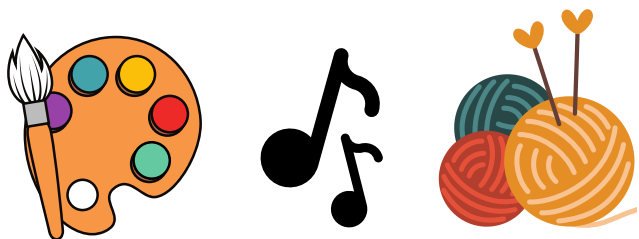


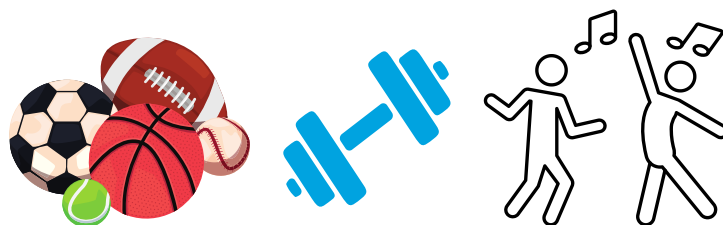
ACTIVITIES TO AVOID BOREDOM & HAVE FUN!

Arts and Crafts



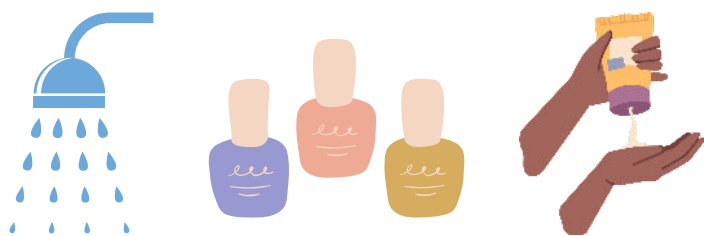
- Draw
- Paint
- Color
- Make a card
- Sing
- Write a story
- Write a song
- Scrapbook
- Do origami
- Make jewelry
- Knit or crochet
- Sew
- Take photos
- Make pottery
- Do a craft
- Act in a play
- Make a collage
- Make movies
- Play an instrument
- Create a new playlist

Physical Activity



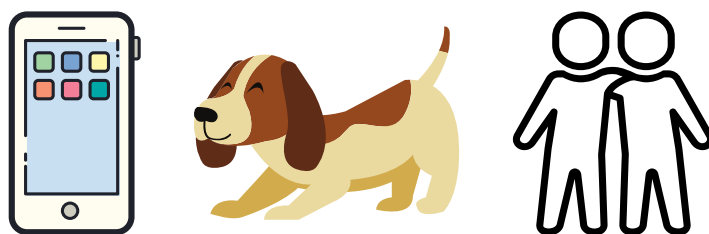
- Go for a walk
- Lift weights
- Do a fitness video
- Ride a bike
- Do yoga
- Swim
- Play sports
- Dance
- Garden
- Go for a hike
- Move furniture
- Clean
- Climb stairs
- Do Zumba
- Stretch
- Do yard work
- Go for a jog
- Do squats
- Play tag
- Do pushups

Self-Care



- Take a bath or shower
- Do your nails
- Get your hair done
- Put on lotion
- Get a massage

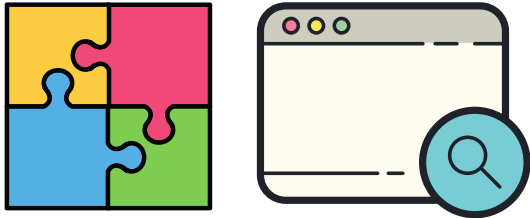
Connecting with Others



- Call a friend or family member
- Spend time with a friend
- Write a letter to a family member
- Play with a pet
- Look at old photos

ACTIVITIES TO AVOID BOREDOM & HAVE FUN!

Learning and Thinking



Do a jigsaw puzzle
Play a board game
Read a book

Listen to a podcast or audiobook
Research an interesting topic
Plan a vacation
Fix something
Build something
Do a crossword or word search
Learn a new skill

Getting Out



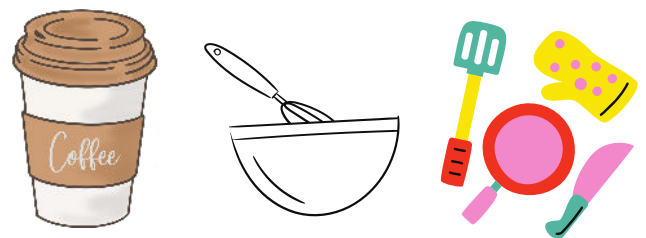
Visit the library
Go shopping
Eat at a restaurant
Go to a concert
Go for a ride in the car
Visit a museum
Go to the movie theater
See a play
Volunteer
Visit a park

Relax



Look at a magazine or comic book
Watch a movie or TV show
Play video games
Listen to music
Write in a journal

Food and Cooking



Cook or bake
Research new recipes
Drink coffee, tea, or a smoothie
Try new foods
Go on a picnic