

BOREDOM



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Play a board game	Bake something fun	Read a fiction book	Make a list of boredom busters	Play a card game
Have a picnic	Draw a picture	Practice (or learn) a musical instrument	Look at old photo albums (or digital photos)	Make up a new game
Watch a cooking show	Make a coloring page for other people to color	SMILE	Work out to a 1980s exercise video	Build a fort
Create chalk drawings	Play a multi-player game (Wii, etc.)	Go for a walk	Write a song parody	Do a scavenger hunt
Do a video chat/date with friends	Have a family movie night	Clean out a drawer or closet	Do a silly selfie photo shoot	Read a non-fiction book or article