# ACTIVITIES TO AVOID BOREDOM & HAVE FUN!

### **Arts and Crafts**











**Physical Activity** 



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

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**

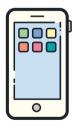






Take a bath or shower
Do your nails
Get your hair done
Put on lotion
Get a massage

## **Connecting with Others**





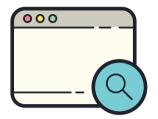


Call a friend or family member
Spend time with a friend
Write a letter to a family member
Play with a pet
Look at old photos

## 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

#### Relax



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

### **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

## **Food and Cooking**







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

