

Things to Do... Unplugged!

[Tween – Teen]

When you're feeling bored and like there's nothing to do...

★ Chill Out! ★



Work on a **puzzle**.

Learn to play a **new card game**.



Tired of all of your puzzles, board games, and books? **Start a swap group with your friends or neighbours.**

Read a good book.



Play a **board game** that you haven't played in a while or that you forgot about.

Put **activity ideas** on a piece of paper or on a Popsicle stick. Put them in a **jar**. When you're feeling "bored", you can pull one out and plan your day around it!

Sort through items in your bedroom, and bag up items you don't use anymore to **donate**.



Get out your **yoga mat** and **stretch, meditate,** and practice **mindfulness**. Find some great meditations and yoga classes on YouTube. Get outside to practice your new skills in the sunshine!

