

Things to Do... **Unplugged!**

[Tween – Teen]

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

★ **Connect!** ★

Write and mail an actual letter...
on paper... with a stamp!



Plan your next family or friend **get together**. Who do you want to see? What will you do together? Phone them up to invite them or plan... better yet, MAIL out invites!



Meet your neighbours:

- **Spend time outdoors** and say hi when you see them.
- **Deliver something thoughtful** to their doorstep with a note.

Volunteer!

- **Animal shelter**
Take dogs for walks or cuddle with cats! Help with the day-to-day jobs to take care of animals
- **Pack hampers** at the **Food Bank**
- Is there another **local charity** that you're interested in supporting?



Call a relative who you love and haven't seen for a while on the phone. They probably won't be expecting you to call and you'll make their day!

Take photos of different parts of your community and make them into post-cards to mail to people who live far away.

