

# Things to Do... Unplugged!

[Tween – Teen]

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

## ★ Get Creative! ★

**Paint!** Paint your garbage can to add a little extra flare to your room. Buy something cheap at a thrift shop and **upcycle** it into a **masterpiece!**

Experiment with art supplies you're not as comfortable with like pastels, clay, or water colours.



**Rearrange your bedroom!** It's amazing the difference a little **move and change** can make!



Buy some dollar store mugs and paint sharpies and **decorate your own mugs**. Bake them in the oven for an hour, and let them cool off. Keep them for yourself or give them away as gifts.



Any **musical instruments you wish you could play?** Now is the time to learn! If you don't have one, maybe a friend has one that they would like to teach you to play on. There are lots of tutorials on YouTube that can be helpful too.



- Start planning and making **homemade Christmas** and birthday **gifts** for your family and friends.
- **Make various cards** such as birthday, Christmas, get well soon, etc. to save for later.
- Cut out people, objects, clothing, hair styles, etc. from magazines and catalogs and glue them on paper to **create funny scenes**.
- **Write a poem**; if you play an instrument try putting music to it to **make a song**.
- **Tie Dye** T-Shirts, socks, headbands, pillow cases etc. Kits can be purchased in the craft section of stores.



DIGITAL WELLNESS  
COALITION

Visit the  
Digital Wellness Coalition

