

Things to do when bored 🤔

Exercise 🏃

- Go on a run
- Go on a walk
- Do a quick workout
- Push ups
- Pull ups

At home 🏠

- Watch a movie
- Read a good book
- Play a game
- Play music
- Clean (may not be very fun)
- Make a pillow fort
- Do your nails
- Do your makeup
- Dress up

Outside 🌴

- Do an obstacle course
- Sit down and close your eyes
- Create a restaurant with leaves and plants being the food
- Go to the pool
- Go to the beach

