

# DEALIN' WITH FEELING **BORED**

Being bored means that you have nothing fun planned to do or there is nothing going on that gets you excited. The best way to cope with boredom is by finding something to do that you enjoy. Read below to find out how you can start *dealin' with feeling bored!*

## **LEARN A NEW HOBBY OR SKILL**

Is there a skill or a hobby that you've been wanting to learn? This is your chance to do it! You can take time to learn the rules of a new sport and see how good you can get. You can watch videos or read books about learning to play an instrument. You could also start a collection or try other hobbies you may not have thought of such as photography, gardening, or hiking.



## **CREATE SOMETHING**

Being bored gives you a chance to get creative! Find materials around the house to work on a fun craft. Look for instructions for a special project or just make something up on your own. You can also use crayons, markers, or paint to create a work of art to hang in the house. You can try to create your own characters and write a short story, funny skit, or comic book.

## **REACH OUT TO OTHERS**

If you're bored, reach out to other people and see what they are up to. You can join their activity or invite them to come over and have fun with you. If your parents or guardians aren't busy, ask them if they'd like to play a game with you. There are a lot of fun things you can do with siblings as well. Activities that you can do with others include cooking, watching a show, playing a game, or doing something fun outdoors.

## **LEARN TO RELAX**

Sometimes having nothing to do can be a good thing! Rest and relaxation are good for your mind and body. Taking time to relax can help you cope when you're feeling stressed or overwhelmed. There are things that you can do to unwind when you're feeling bored. You can take a nap, read a book or practice meditation or yoga!