

50 WAYS TO END BOREDOM

1. Play an instrument
2. Prank your family
3. Close your eyes and think
4. Meditate
5. Organize your closet
6. Learn a new skill
7. Do fun crafts
8. Update your resume
9. Call an old friend
10. Clean your laptop
11. Read
12. Write a journal entry
13. Learn a new recipe
14. Try cooking without a recipe
15. Take a power nap
16. Watch a TED Talk
17. Clean your house
18. Throw away unwanted stuff
19. Laugh without a reason
20. Wash your windows
21. Do a DIY
22. Learn a new language
23. Make a handmade card
24. Look at the stars
25. Sit in your backyard
26. Follow a painting tutorial
27. Teach kids your childhood games
28. Write a gratitude list
29. Make a fort
30. Give yourself a manicure
31. Fix our sleep pattern
32. Indulge in better habits
33. Work on your finances
34. Play with your kids
35. Listen to a podcast
36. Listen to music
37. Bake a cake
38. Learn yoga
39. Play with lego
40. Organise your kitchen
41. Change your house decor
42. Write a story
43. Create healthy snacks
44. Write a letter
45. Do your laundry
46. Have an indoor picnic
47. Take a bubble bath
48. Challenge yourself
49. Catch up on tv shows
50. Color in a coloring book

