



50 WAYS TO

END BOREDOM

1. Make a puzzle
 2. Sit in silence
 3. Do breathing exercises
 4. Meditate
 5. Sing
 6. Dance
 7. Do fun crafts
 8. Talk to your family
 9. Talk to old friends
 10. Play a board game
 11. Read
 12. Do journal writing
 13. Learn a new recipe
 14. Try cooking without a recipe
 15. Take a nap
 16. Sleep
 17. Clean your house
 18. Throw away unwanted stuff
 19. Laugh without a reason
 20. Go for a walk in your house
 21. Go for a walk outside (alone)
 22. Learn new stuff
 23. Enhance your knowledge
 24. Catch up on school/work
 25. Find a new hobby
 26. Follow a painting tutorial
 27. Teach your kids something new
 28. Complete a word search/crossword
 29. Knitt
 30. Make a daily routine
 31. Fix our sleep pattern
 32. Indulge in better habits
 33. Go for a run
 34. Play with your kids
 35. Make your family tree
 36. Listen to music
 37. Exercise
 38. Learn yoga
 39. Play with lego
 40. Organise your kitchen
 41. Redecorate your house
 42. Write a story
 43. Make a poem
 44. Write a song
 45. Learn how to crochet
 46. Invent a new game
 47. Self pamper time!
 48. Watch a movie
 49. Catch up on tv shows
 50. Watch kids cartoons
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