



Boredom List

- WRITE LETTERS FOR STRANGERS AND LEAVE THEM IN MAILBOXES
- START A "DIY" PROJECT FROM PINTEREST
- WATCH A DOCUMENTARY
- PUT YOGURT IN AN OLD MAYONNAISE CONTAINER AND EAT IT IN PUBLIC
- CREATE YOUR OWN SMOOTHIE RECIPE WITH WHAT YOU HAVE IN YOUR HOUSE
- DIM THE LIGHTS, LAY OUT SOME CANDLES, AND FOLLOW A YOUTUBE YOGA CLASS
- CHECK OUT THE SKILLSHARE WEBSITE AND LEARN A NEW SKILL
- GIVE YOUR SKIN SOME LOVE; SUGAR SCRUB, FACE MASK, MOISTURIZE
- TRY OUT A NEW RECIPE
- BUILD A FORT
- WATCH A MOVIE ON MUTE AND ADD YOUR OWN SCRIPT
- SORT THROUGH YOUR CLOTHES AND HAVE A SIDEWALK-SALE
- LEARN TO JUGGLE (PRACTICE WITH FRUIT ON YOUR BED)
- CREATE YOUR OWN EXERCISE VIDEO
- MAKE VEGETABLE SOUP AND FREEZE IT FOR A WEEK OF PREPARED DINNERS
- TAKE EVERYTHING OUT OF YOUR KITCHEN DRAWERS AND RELOCATE IT
- HAVE AN ENCOURAGING CONVERSATION WITH YOUR PLANTS TO HELP THEM GROW
- DRESS UP LIKE A SUPERSTAR AND WATCH A MOVIE LIKE IT'S YOUR FILM DEBUT
- CLEAN THE HOUSE WHILE PLAYING 'THE GROUND IS LAVA'
- MAKE A BUCKET LIST FOR EACH SEASON
- DO A GUIDED MEDITATION
- SIT UPSIDE-DOWN IN PUBLIC AND WATCH PEOPLE WALK
- FIND A POSITIVE ORGANIZATION TO SUPPORT ON SOCIAL MEDIA
- WRITE A FICTITIOUS SHORT STORY ABOUT YOUR FAVORITE ANIMAL
- SMILE AT YOURSELF IN THE MIRROR AND TELL YOURSELF HOW YOU'RE FEELING
- VOLUNTEER