

A Survival Guide to Boredom

The Coronavirus lockdown has been a struggle for everyone. Being stuck at home for weeks, is TOUGH! After having a busy life, going to school, after school activities, sports and hanging out with friends, there was little time to be bored. Unable to do those things, here are some things that can make staying at home a little easier.

Go Shopping



Ask your parents if you can be the family's designated shopper. Organize a shopping list and join your parent for trips to the store. Take the lead on keeping track of items in your cart and the total grocery budget. It's a great chance to get some fresh air, get something done and learn responsibilities.

Help Others

Elderly populations are at higher risk for contracting COVID19 and getting seriously ill. You can help by offering to be a personal shopper for elderly neighbors and family members. With an exchange of phone calls or text messages, you can get a shopping list together and leave the groceries on the front porch for them.



Vlog or Blog

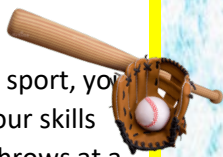
Almost everyone wants to be internet famous. You can do everything from how-to tutorials to book reviews. You can even share stories about your life and unique experiences. You never know what may come of it!

Filmmaking



Filmmaking is fun and can awaken your creative side and now is a great time to try something new. Using a phone, you can create your own films, edit them on a computer and share them with friends and family. You might not win an Oscar, but you'll have fun, learn new skills and entertain others.

Sports



Depending on your favorite sport, you might be able to work on your skills from home. Shooting free throws at a home basketball hoop or practicing soccer shots are a great way to work out some of your energy. When you get back to school, you may be better than before.

Baking



Baking is a pastime that has become a lot less common, but now is a great time to learn the skill of baking your own bread, biscuits, cookies, or cakes. There are thousands of tutorials online and plenty of TV shows to watch while you bake. Ask family members to join, or even bake with your friend over zoom or facetime.

**CHALLENGE: Try something
NEW!!!!**