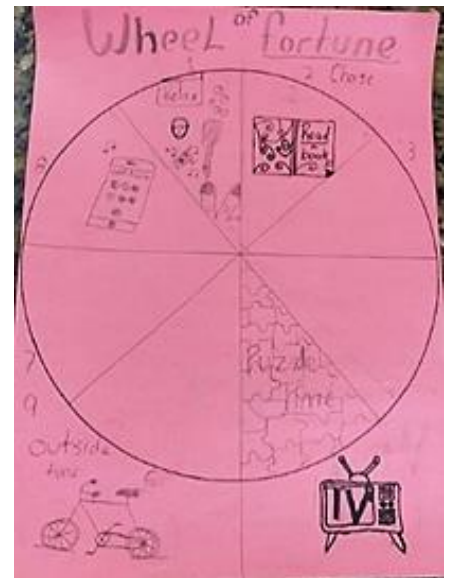
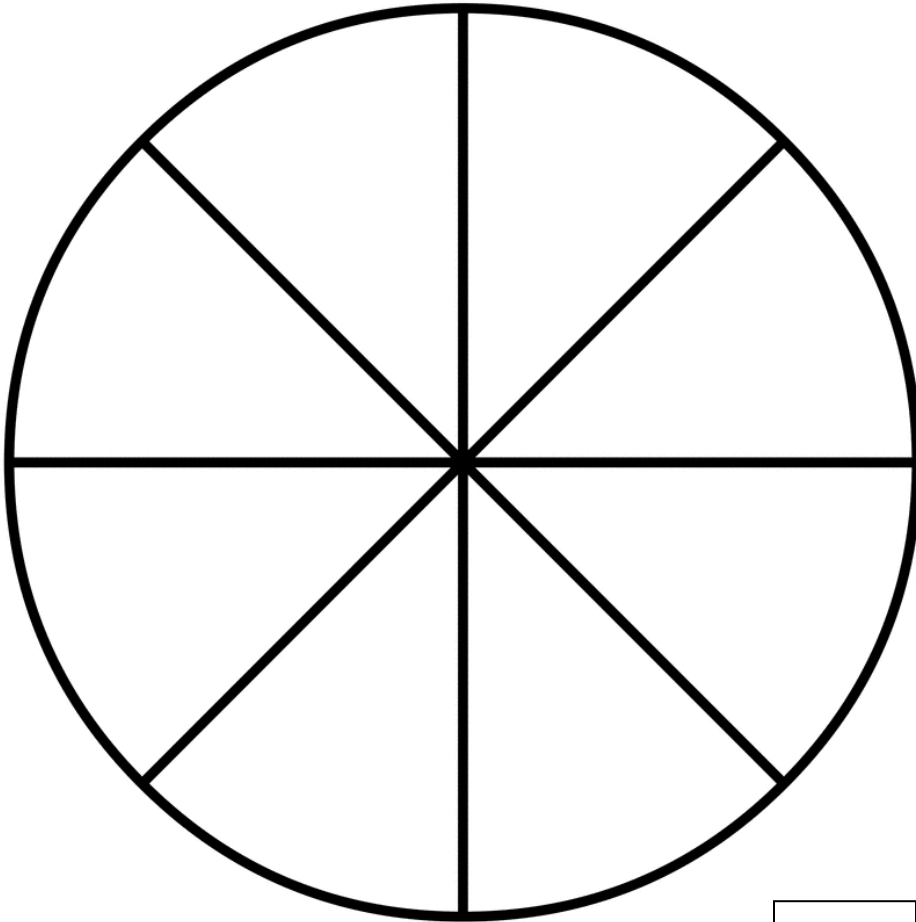


## Wheel of Boredom

Feeling bored more these days from all the at-home time? Try brainstorming activities you can do the next time you feel bored. Write or draw pictures of your ideas on a wheel (you can use the template below, make your own pie chart, or use a paper plate). Next time you feel bored, look at the wheel and choose an activity. You could even put a pencil in the middle and spin it to decide which activity to do.

Your own ideas are best – but here are some to consider putting on your wheel: Take a walk, put on music and dance, read a book, blow bubbles, build a fort, make an obstacle course, do a room make-over (clean it up and reorganize it!), put on a play, write letters to grandparents, make a cartoon strip story, do a puzzle, call a friend, bake a special treat, play a board game, make a pasta necklace, or make up a joke.



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