



77 BOREDOM BUSTERS

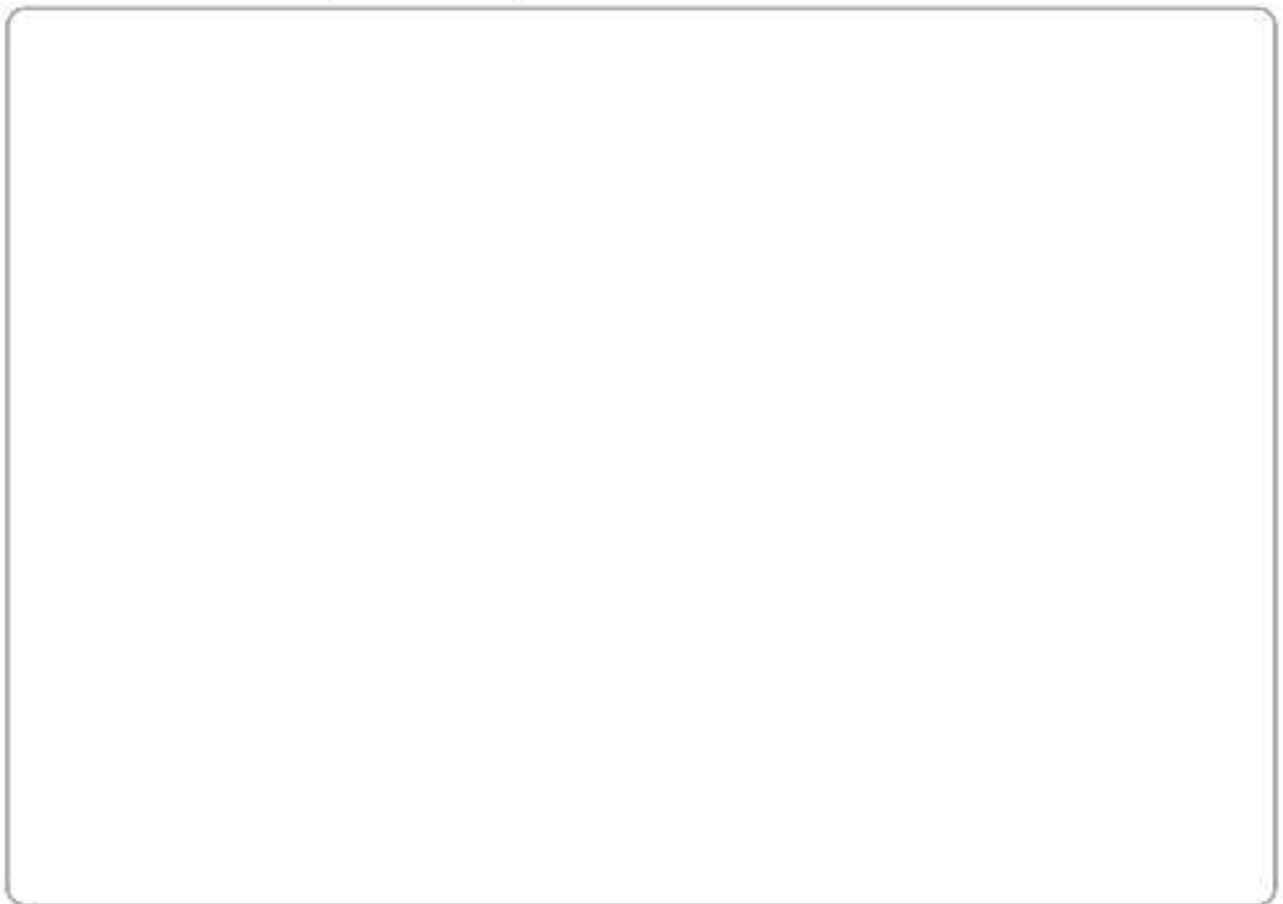
Never be bored again!

1. Beauty spots to visit in your local area. Do a web search and note down a few ideas here.

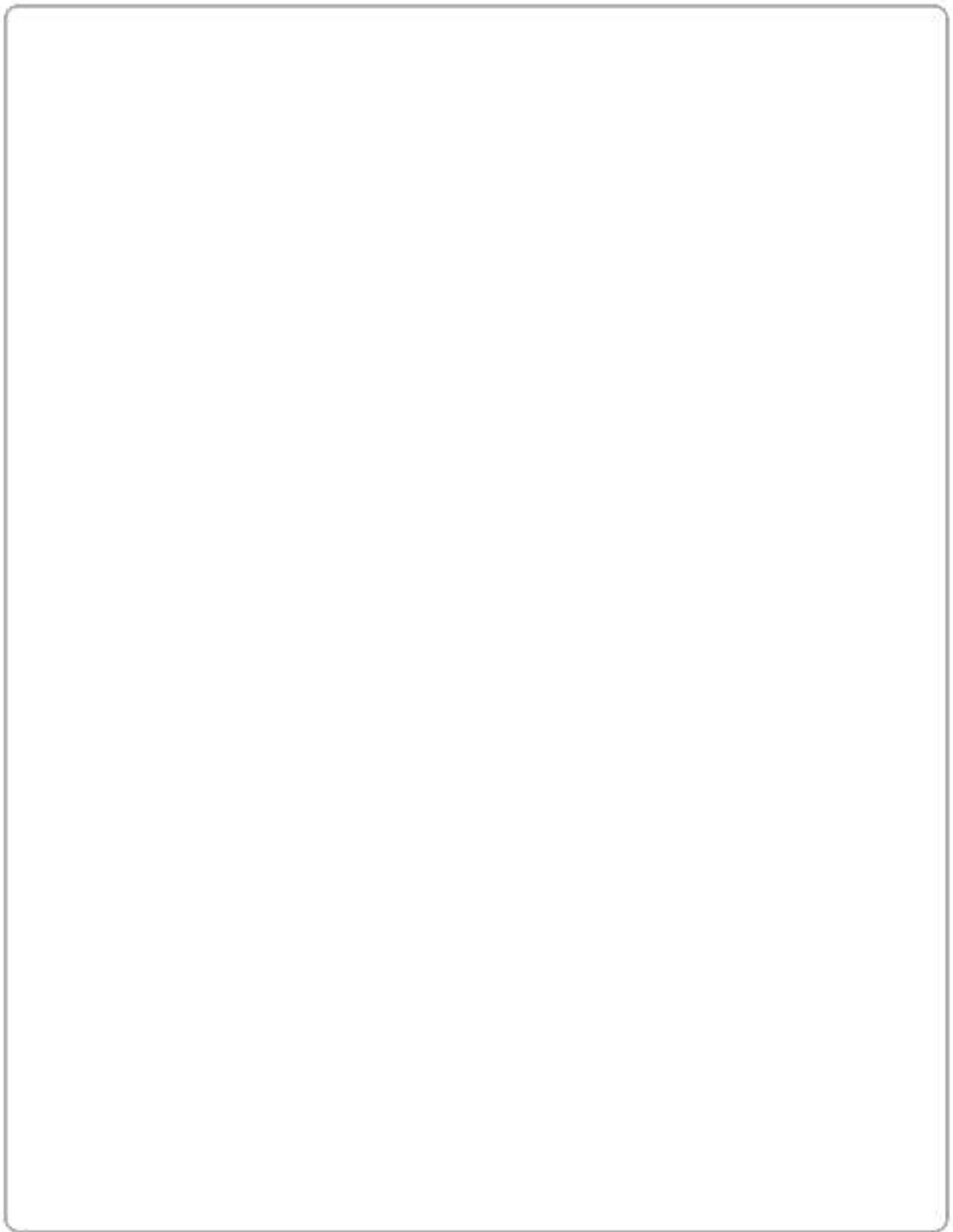
2. Take pictures of your garden or street.

3. Learn the lyrics of one of your favourite songs.

4. TV shows to binge or rebinge.



5. Make a collage with newspaper or magazine cuttings of you, your family, your pet or what's going on in your head.



6. Bake cookies.

Favourite recipes

Where to find them

7. Try out a new makeup look at home or visit a store and let them go to town on your face.

Stores with beauty counters

Opening hours

9. Organise your pantry, fridge, and freezer and cook a meal from what you find.

10. Start a collection.

Ideas for what to collect

11. Organise a trip (on paper) and then save up for it. Ideas of where you'd like to go and what you'd like to do when you're there.

12. Indulge in your favourite childhood sweets. You might need to track down where it's still sold!

13. Jot down ideas for the first paragraph of your prize-winning best-seller novel. Write the paragraph if you like.

14. Try a new hair style or (temporary) colour.

Style

Color

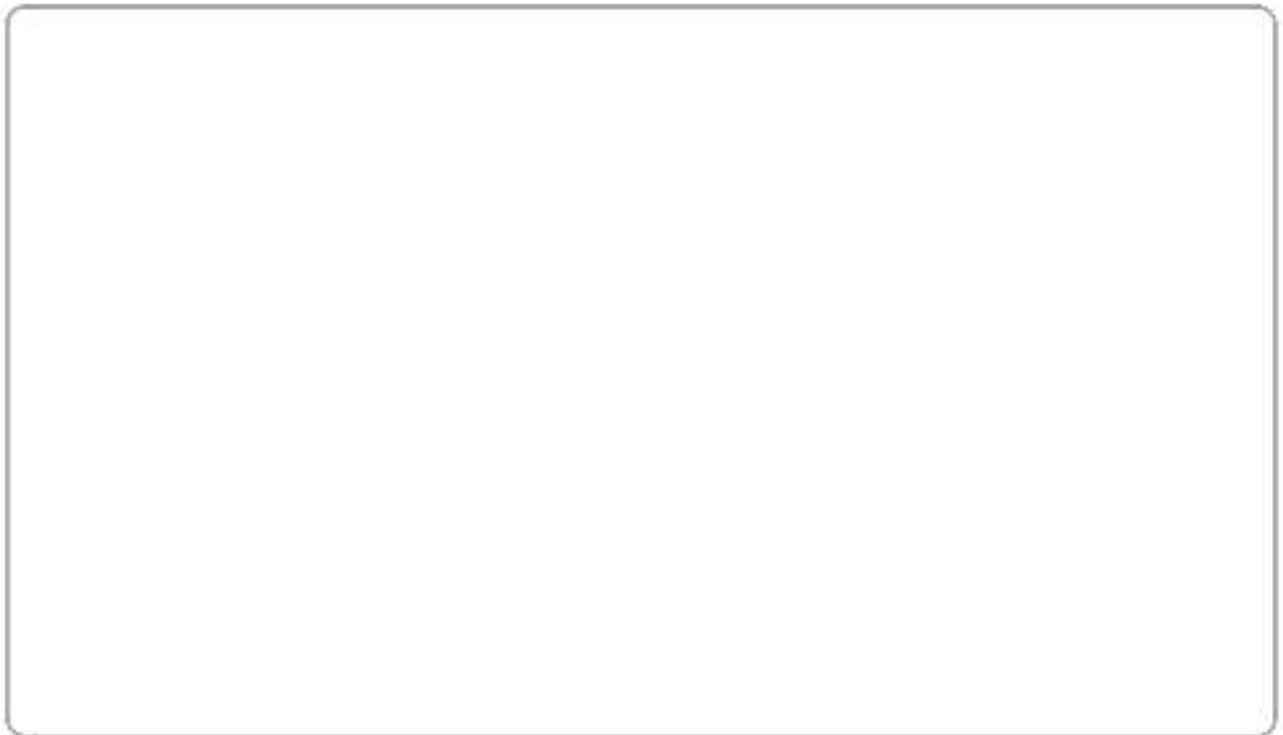
15. Dog or baby sit. Appreciate the peace once it's over.

16. Plan your dream house or bedroom.

17. Meditate for 10 minutes. How was that for you?

18. Clean out your car or your handbag.

19. Delve into your browser favourites. What did you unearth you don't want to forget about?



20. Invent a new burger recipe (on paper). Try it out if the thought makes your mouth water.

Recipe

21. Design a greeting card for someone you love, create it and mail it.

Ideas

22. Solve a sudoku. Answers at the back.

4			5				7	
1	9	5	6		2			
	7				4			
	3		2	5		1	6	
7			1	8		3	5	4
6	5	1	7		3	8		
		6			7	9	1	3
3		7		6		5		
9			4				8	6

Easy

6		5		1	9			
		3				5		
				4				9
	7	6	3					1
				5			4	6
		1				3		
9			1		6	8		4
	5	4			8		6	
		2	4		5			3

Medium

			9					
	5					3		
7	9					5		6
			2			9	1	
		4		7				
				6			2	
						2		
8			7	3			5	
3				4	8		6	1

Hard

		8	4		2			7
		7					9	6
	1	4	5					
						2	4	
								3
			7					
8		9			1		7	
	4		8	5	3			
3								5

Hard

26. Complete the sentence "If I were a millionaire, I would..."

27. Call a long lost friend.

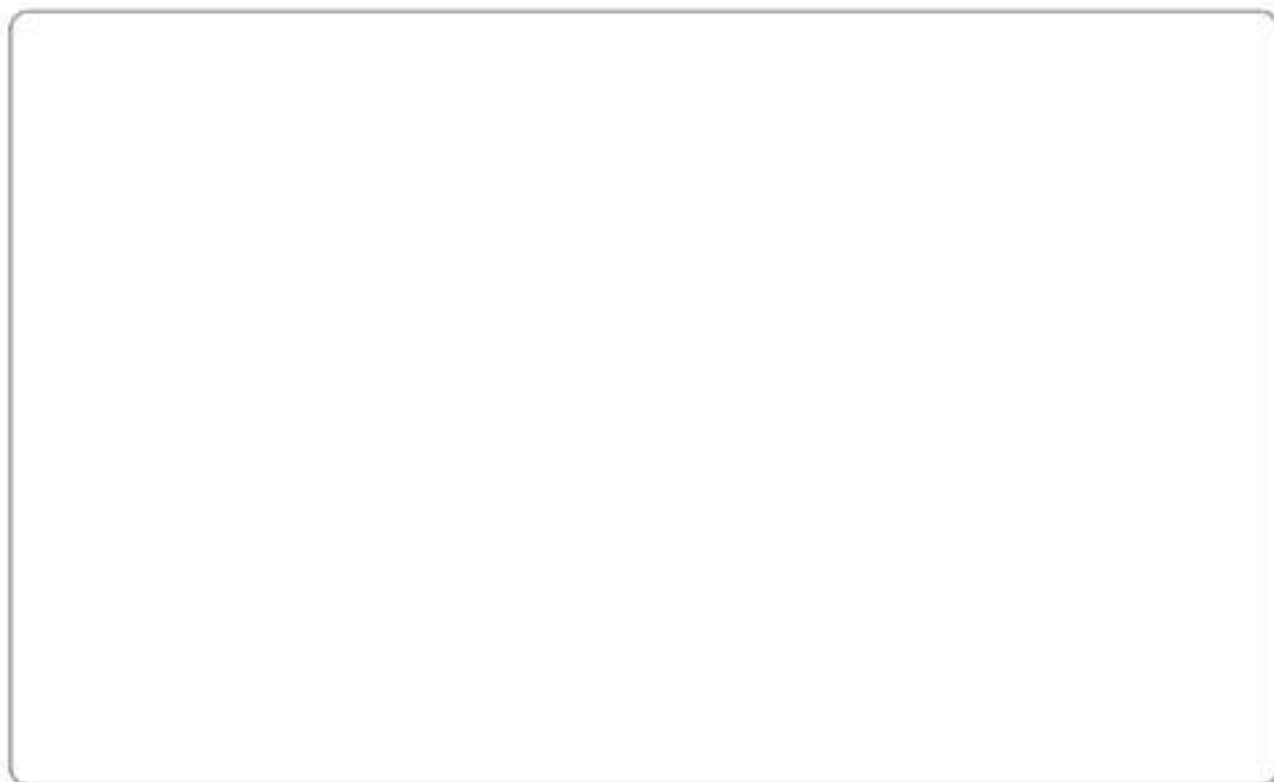
Friend

Contact details

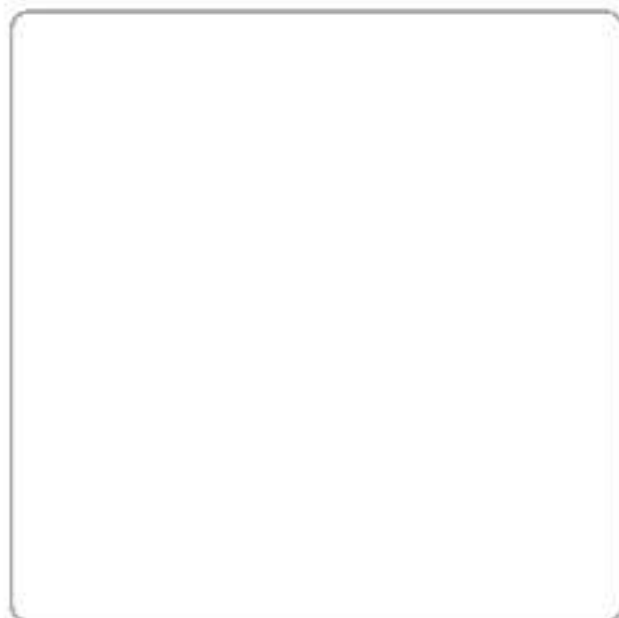
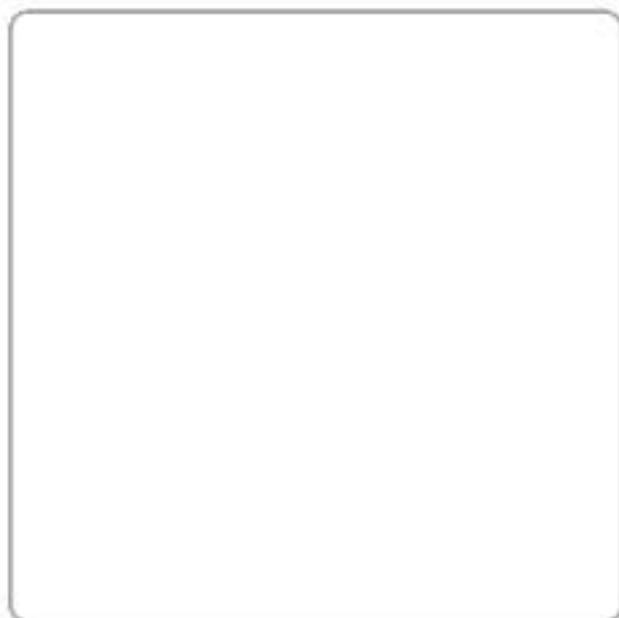
28. Doodle to your hearts content.

29. Movies to see/rewatch.

30. Shop in your closet and find a new favourite outfit. What did you find?



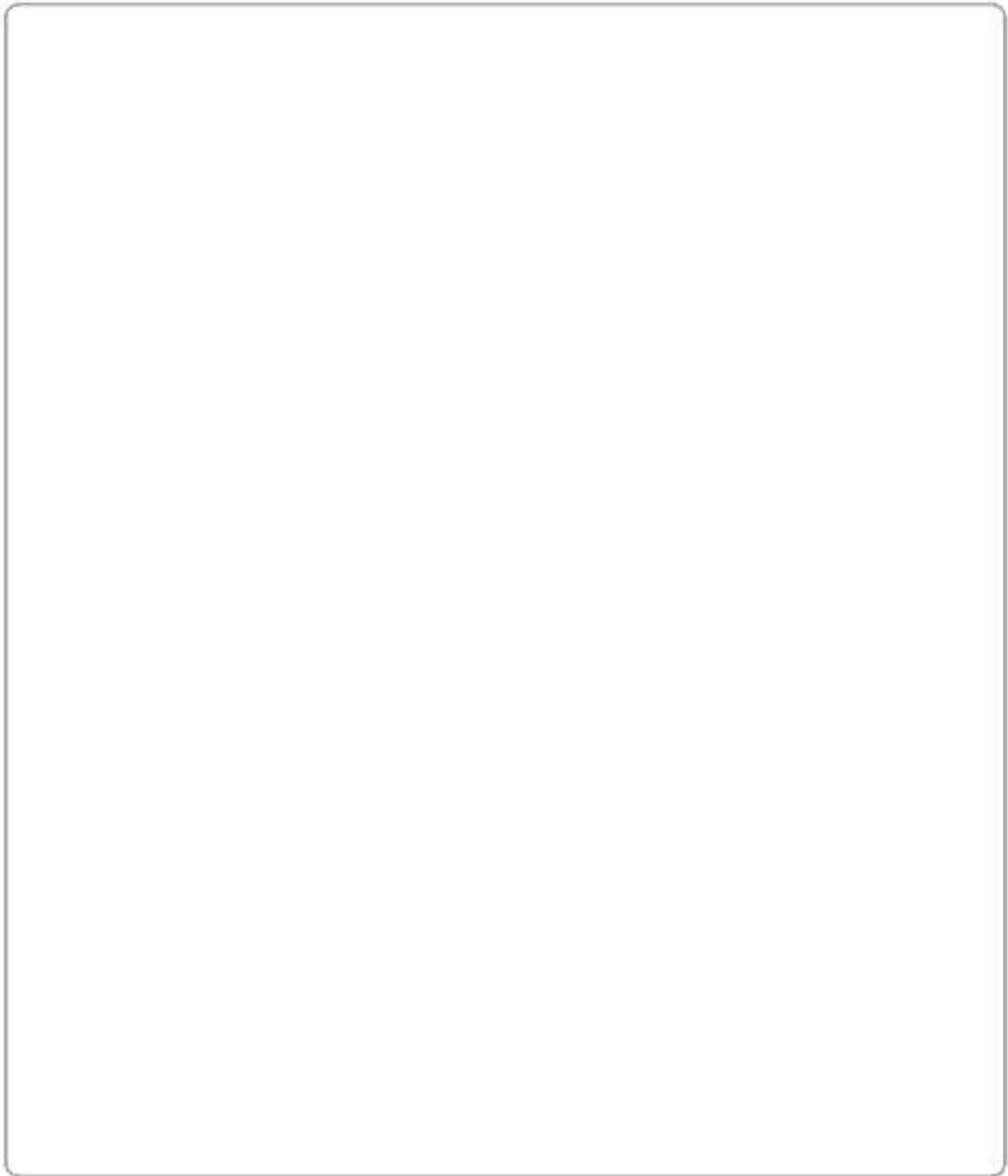
31. Take pictures of your pet (or someone else's).



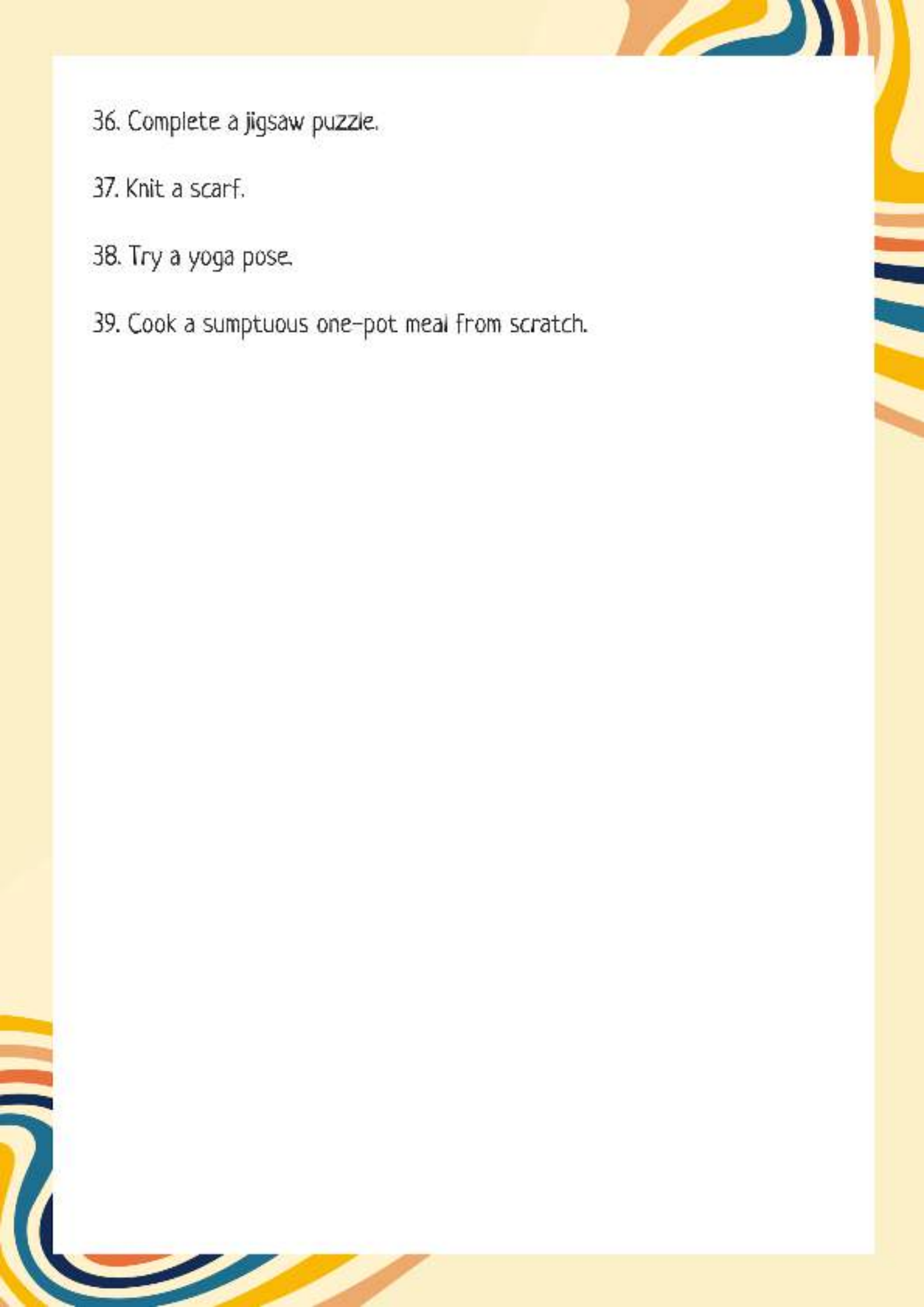
32. Go for a swim or bike ride.

33. Find a free book to read on Amazon Kindle (no need for a kindle device to read it!)

34. Buy or bake a cupcake or muffin and decorate it in the most outrageous way ever. Take a picture.

A large, empty rectangular box with a thin black border, intended for a photograph of a decorated cupcake or muffin.

35. Write a diary entry. "Why I'm lucky to be alive right now and not in 1822"

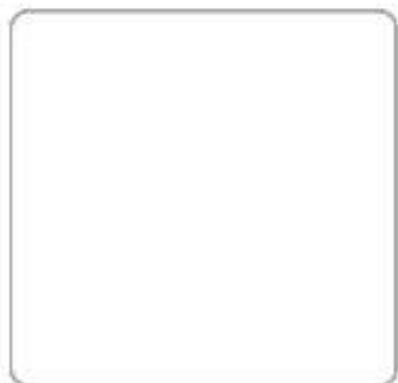
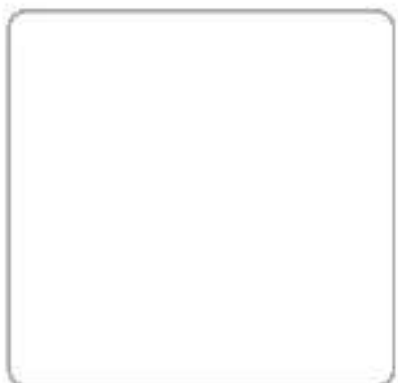
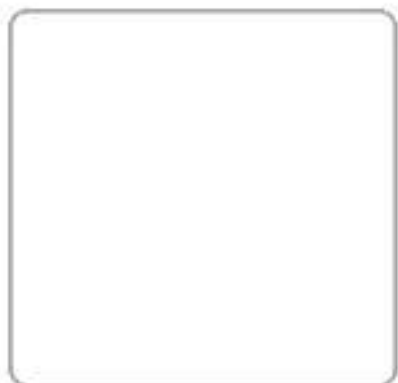
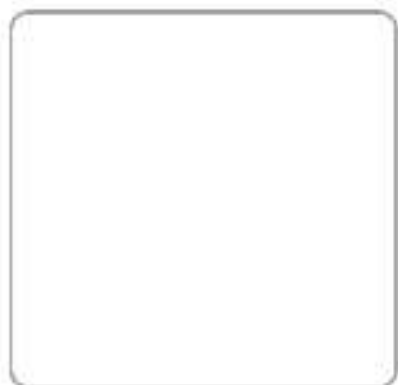
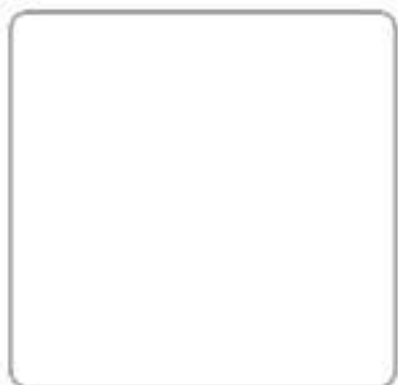
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36. Complete a jigsaw puzzle.
 37. Knit a scarf.
 38. Try a yoga pose.
 39. Cook a sumptuous one-pot meal from scratch.

40. Design a time capsule. What would you put in it?

41. Buy a packet of wild flower seeds and sow them on waste land. Add the packet here and where you scattered them so you can revisit.

42. Brainstorm which awesome skill you could show off and make a video of yourself carrying it out. Share on YouTube if it turns out well.

43. Create a plan for next year.



44. Take time out to colour this in.



45. Make jewellery beads from polymer clay. Plan your Etsy jewellery empire.

46. Put loose photos in an album or scrapbook.

47. Write a letter to your future self.

49. Delete all the junk from your phone.

50. Have an afternoon nap.

51. Create a dessert pizza with your favorite sweet goodies.

Ideas

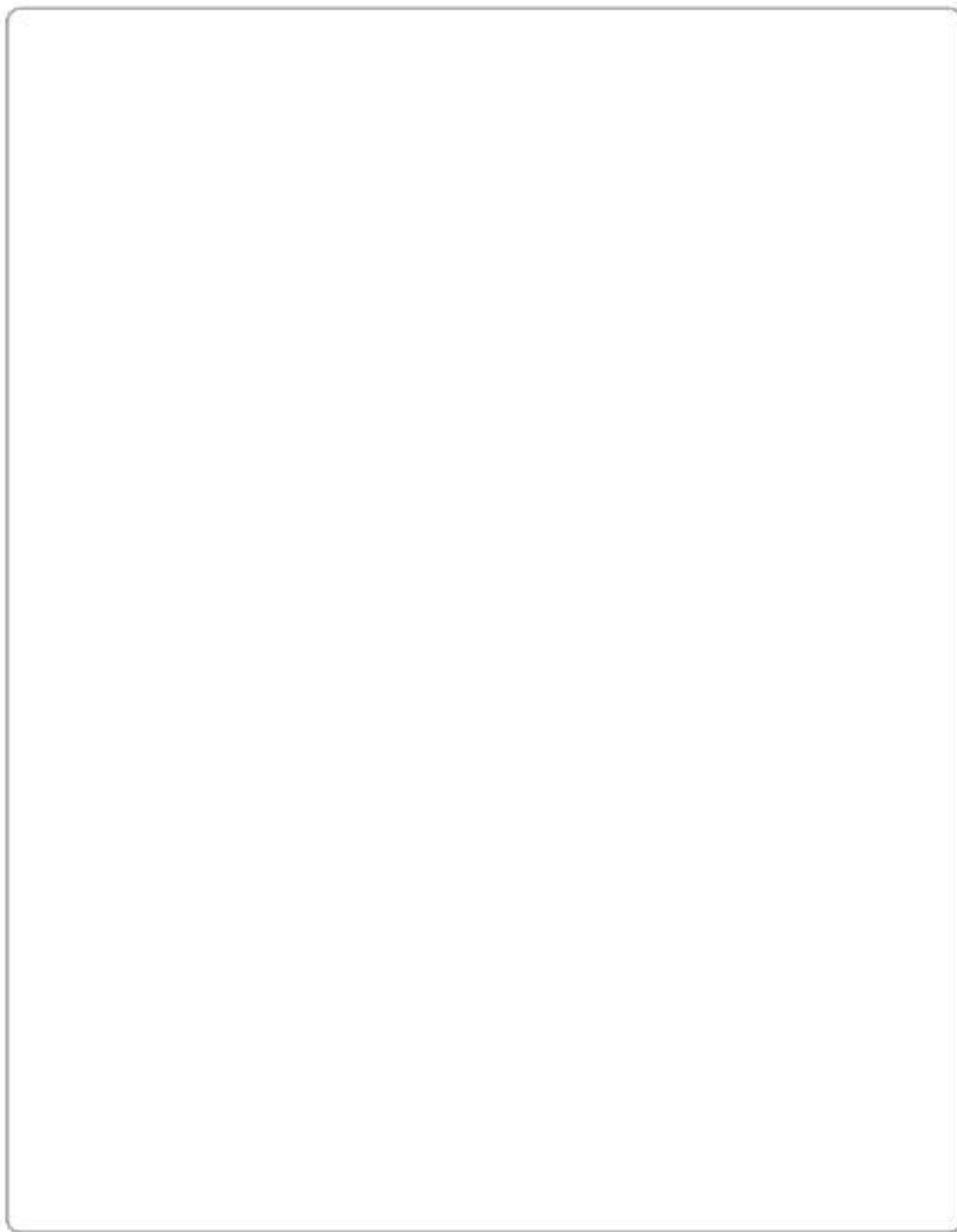
52. Practice your balance. How long can you stand on one foot?

53. Try a cryptic crossword puzzle.

54. Walk in nature and collect leaves, grass, or flowers to press then create a card or picture.

55. Teach your dog a trick.

56. Write a poem.

A large, empty rectangular box with a thin black border, intended for the student to write their response to the prompt 'Write a poem.'

57. Learn to juggle.

58. Make soup with leftover veggies and stock cubes. Add a touch of curry powder to give it some oomph.

60. Visit family in person or via Zoom.

61. Have a day without sugar and keep a diary of how you feel.

62. Revive an old t-shirt with dye or embellishments and take before and after pics.

63. Make a vision board of your ideal future with pictures from magazines. Plan it out here or use this page.

64. Learn guitar.

65. Watch a motivating TED talk on YouTube [how did it make you feel].

66. Update your CV and look at the job ads.

67. Paint a wall. If you're feeling adventurous add a giant quote or mural. You can always paint over it again.

Slogans/quotes

68. Write your personal history [plot the outline here].

69. Enjoy a spa day at home.

70. Invent a new sandwich filling or baked potato topping.

Ideas

71. Learn Calligraphy.

72. Buy a mini lego kit and make it up.

73. Get rid of anything that's broken in your house (or mend it).

74. Take five pictures of objects beginning with A, then five pictures of objects beginning with B... and so on. Jot down ideas here.

75. Plan what you'll do and wear tomorrow.

76. Cook an authentic Thai or Malaysian meal.

77. Browse online, create a Christmas or birthday list, and gather ideas for gifts for family and friends.

Sudoku Answers

4	6	3	5	9	8	2	7	1
1	9	5	6	7	2	4	3	8
2	7	8	3	1	4	6	9	5
8	3	4	2	5	9	1	6	7
7	2	9	1	8	6	3	5	4
6	5	1	7	4	3	8	2	9
5	4	6	8	2	7	9	1	3
3	8	7	9	6	1	5	4	2
9	1	2	4	3	5	7	8	6

Easy

6	2	5	8	1	9	4	3	7
4	9	3	6	7	2	5	1	8
7	1	8	5	4	3	6	2	9
5	7	6	3	8	4	2	9	1
3	8	9	2	5	1	7	4	6
2	4	1	9	6	7	3	8	5
9	3	7	1	2	6	8	5	4
1	5	4	7	3	8	9	6	2
8	6	2	4	9	5	1	7	3

Medium

4	3	8	9	5	6	1	7	2
1	5	6	4	2	7	3	9	8
7	9	2	8	1	3	5	4	6
6	7	3	2	8	5	9	1	4
2	8	4	1	7	9	6	3	5
9	1	5	3	6	4	8	2	7
5	4	7	6	9	1	2	8	3
8	6	1	7	3	2	4	5	9
3	2	9	5	4	8	7	6	1

Hard

6	3	8	4	9	2	5	1	7
5	2	7	3	1	8	4	9	6
9	1	4	5	7	6	8	3	2
1	7	5	6	3	9	2	4	8
2	9	6	1	8	4	7	5	3
4	8	3	7	2	5	9	6	1
8	5	9	2	6	1	3	7	4
7	4	1	8	5	3	6	2	9
3	6	2	9	4	7	1	8	5

Hard