# **Things to Do When You are Bored**

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| Go for a walk |
| Listen to music |
| Do mindfulness exercises |
| Call a friend/relative |
| Visit a friend/relative |
| Go for a bike ride |
| Swimming |
| Go somewhere in your town you have never been |
| Organize a trip |
| Make a gift for someone |
| Meditate |
| Make a playlist |
| Take photos |
| Write a handwritten letter |
| Create a spice garden |
| Lay in the sun and look at the clouds |
| Gardening: go plant something or grow something |
| Painting |
| Make a craft |
| Scrapbooking |
| Create a card |
| Go hiking |
| Clean something |
| Dance |
| Go on a picnic |
| Make a list of your achievements |
| Get a massage |
| Bowling |
| Yoga |
| Sit at a café and people watch |
| Go for a drive |
| Take an online tutorial |
| Watch a movie |
| Look for new recipes |
| Write a magazine article |
| Read |
| Go to tourist attractions in your town |
| Get your nails done |
| Put on makeup |
| Take a bath/shower |
| Join an activity group |
| Paddleboarding |
| Write in your journal |
| Try on various outfits |
| Prepare meals |
| Plan your career |
| Start a collection (coins, stamps, shells, etc.) |
| Recycle old stuff |
| Go to the beach |
| Go ice skating, roller skating/blading |
| Go skiing/snowboarding |
| Sailing |
| Sketch something |
| Make sculpture |
| Embroider a pillow |
| Cross stitch |
| Knitting |
| Crochet |
| Diamond painting |
| Plan your dream wedding |
| Learn an instrument |
| learn a new language |
| Bake something |
| Watch sports |
| Write a book |
| Sew |
| Go for dinner |
| Geocaching |
| Crosswords |
| Sudoku |
| Word puzzles |
| Jigsaw puzzles |
| Learn the Rubik cube |
| Tennis |
| Get your hair done |
| Get a pedicure/manicure |
| Learn about shares and stocks |
| Work on your car/bicycle |
| Repair things around the house |
| Practice martial arts |
| Eat a snack |
| Go to the gym |
| Play a card game |
| Play a board game |
| Plan the week's activities |
| Meal plan |
| Coloring |
| Golf |
| Soccer |
| Fly kites |
| Buy food from a food truck |
| Ride a motorbike |
| Ride a horse |
| Play squash |
| Go camping |
| Sing around the house |
| Karaoke |
| Arrange flowers |
| Create a cactus garden |
| Refurbish furniture |
| Visit national parks |
| Visit the "world’s biggest" attractions |
| Take a road trip |
| Football |
| basketball |
| Baseball |
| Chat on the internet |
| Go fishing |
| Star gazing |
| Fly a plane |
| Act in a play |
| Join an improve group |
| Volleyball |
| Roll down hills |
| Climb trees |
| Rock/wall climbing |
| Volunteer |
| Play with pets |
| Go to a dog park |
| Go window shopping |
| Braid your hair |
| Try a new beauty product |
| Stretch |
| Look through old photos and videos |
| Clean out your email |
| Write a poem |
| Write a song |
| Go birdwatching |
| Identify plants in your neighborhood |
| Create a bucket list |
| Skydive |
| Go on a rollercoaster |
| Parasailing |
| Wake boarding |
| Scuba diving |
| Bungee jumping |
| Go on a zipline |
| Start a blog |
| Try a new restaurant |
| Find a new podcast |
| Create a website |
| Rearrange your furniture |
| Redecorate |
| Look for your next tattoo |
| Visit a museum |
| Organize your closet |
| Update your resume |
| Research dream careers |
| Clean your makeup brushes |
| Make a budget |
| Start a DIY project |
| Make a list of goals |
| Donate items to charity |
| Laundry |
| Scroll through Pinterest |
| Tie-dye clothes or bedsheets |
| Do a craft |
| Mini golf |
| Make a collage |
| Go to a play or musical |