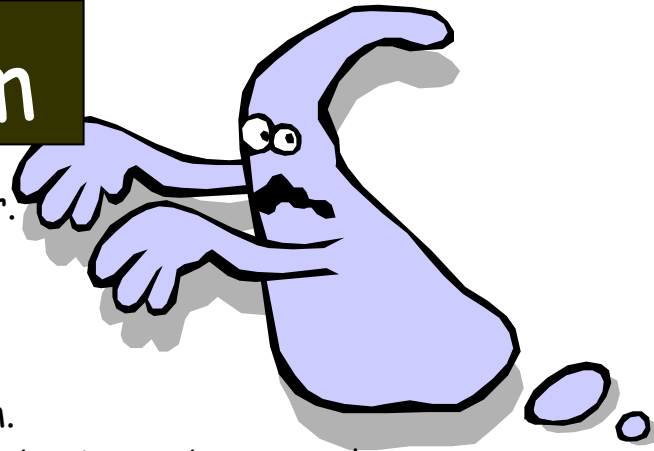


Beware of Boredom



- **Boredom** can become the boss of your behavior.
- **Boredom** can lead to acting without thinking and getting into trouble.
- **Boredom** can lead to anger and stress.
- **Boredom** can cause you to have low self esteem.
- People who often say they're **bored** can be very boring to be around.
- Feeling **bored** is very depressing and people who are depressed have little energy for doing things that might be interesting.
- **Boredom** makes you feel bad.
- **Boredom** is a waste of time.
- **Boredom** is another work for frustrated.

How to beat boredom

Instead of sitting around boring everyone with how **bored you are, do something about it!**

- Play board games or invent your own.
- Go camping- under the dining room table is fun if you can't go anywhere else. Write a story and draw pictures to go in it.
- Listen to music or join in and make your own. You don't need musical instruments -just about everything makes noise.
- Learn to dance by watching a dance video and moving with it or just dance to the radio.
- Clean up your room and move things around.
- Talk about things that are frustrating or bothering you.
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List 3 things that you can do at home to beat your **boredom!**

1. _____

2. _____

3. _____