

# Boredom Busters

*25 fun at-home activities by  
Livingston HealthCare's Dr. Hannah Dupea*

- *Have a movie night*
- *Have a game night*
- *Create greeting cards*
- *Write a poem or short story*
- *Build stuff—flower box, play house, shelving*
- *Learn a new skill—knitting, changing the oil, bird identification*
- *Write a letter*
- *Call friends and family*
- *Color*
- *Read*
- *Nap*
- *Exercise—yoga, lift weights, find a YouTube video workout*
- *Decorate a room*
- *Leave a love note*
- *Have a picnic in the living room or backyard*
- *Create your own mini-golf course*
- *Play hide-and-seek*
- *Create your own game and rules*
- *Puzzle*
- *Garden*
- *Create themes for each day*
- *Create goals for each family member*
- *Tell ghost stories*
- *Bake*
- *Video chat with friends and family*

