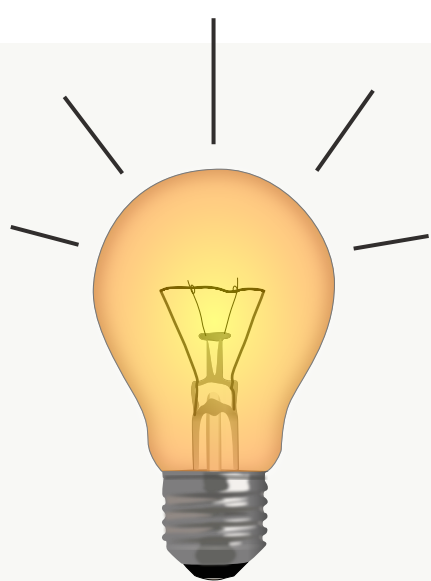


WHEN YOUR KIDS SAY THEY ARE BORED...



BEEN CREATIVE?

B

Some of the best ideas are ignited in quiet moments of boredom. Be inspired!

OUTSIDE PLAY?

Just being outside is therapeutic. A change of scenery often creates a positive outlook.

O



READ A BOOK?

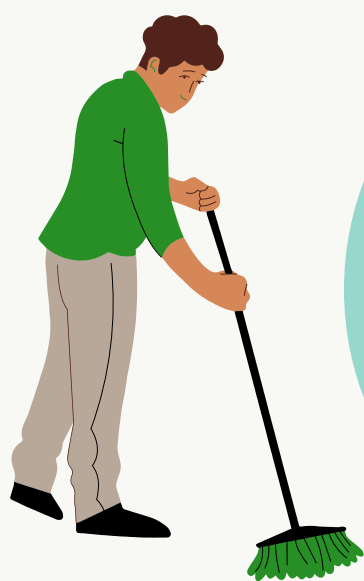
R

Reading exercises the brain and provides an escape from boredom or stress.

EXERCISED?

Physical activity bumps up the production of your brain's feel-good chemicals called endorphins.

E



D

DONE SOMETHING HELPFUL?

Helping others and giving back boosts happiness, health, and a sense of well-being.