

CONQUERING BOREDOM!

FUN WAYS TO BEAT THE DULLNESS

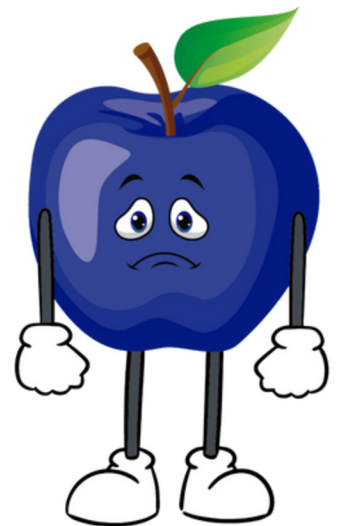


Ways to Cope and Stay Engaged.

Show your boredom
with art! Draw your
bored face!



Banishing Boredom! Write down 3 exciting ideas
to beat the blues:



APPLEJAKE®

Cut out post it note, write down a fun activity and put it into an empty jar!

