

Holiday Boredom Buster Challenge

I went for a swim

I rode a bike / scooter / skateboard

I tried a new food

I saw a friend

I checked out the stars at night

I watched a new tv show

I read / listened to a book / comic / mag

I explored a place new to me

I helped cook something

I drew / coloured a picture

I stayed in my Pj's all day

I patted a dog

I ate breakfast food for dinner

I ate ice-cream

I listened to music / podcast

I bounced on a trampoline

I played a board game / card game

I played a new video game

I found a new hobby

I did an act of kindness for someone

I took a picture

I found a bargain at an op shop

I did some exercise

I climbed a tree

LIFE WITHOUT BARRIERS