

# BOREDOM BUSTERS

**Although being bored has its advantages, here are some suggestions for cool things to do when you're bored, just in case you need some help!**

## 1. Research Family History

Visit older family members and interview them to find out more about your family history. You can use a tablet or smartphone to video some of the conversation. Some things you could ask about:

- **What was it like when you were a teenager?**
- **Were your parents strict?**
- **Who was your favourite family member?**
- **What did you eat?**
- **What did you do to amuse yourselves?**

Not only is this a great way to listen to some great stories, you could also create a cool bunch of videos to share with the rest of the family!



## 2. Hold a Clothes Swap

Get rid of unwanted unworn clothes and get some new ones in the process. Get your friends to bring over clothes they don't wear and swap!

The more people participate, the more chances of everyone finding some new items they will love!



### 3. Plan a Trip Around the World

Make a Dream Destinations Board if you're on Pinterest. Or look up travel sites online and create the best ever round the world itinerary. Once you have found countries you'd like to visit, consider things like:

- **How to get there**
- **What to do**
- **Where to stay**
- **Where to eat**

Traveling is a wonderful way to learn and to grow. The first step is to dream, and then make a plan and go!



### 4. Volunteer

Maybe you like animals. Or you enjoy helping homeless people. You can do this through a local volunteer centre or at a local event or for a local charity, they always need people to help. (PS: This is good for your CV too!)

今何時ですか？

いくらですか？

### 5. Learn 10 Phrases of a New Language

Pick a new language, such as Arabic or French, and master 10 phrases well. It will help a lot when you go on your dream trip!

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