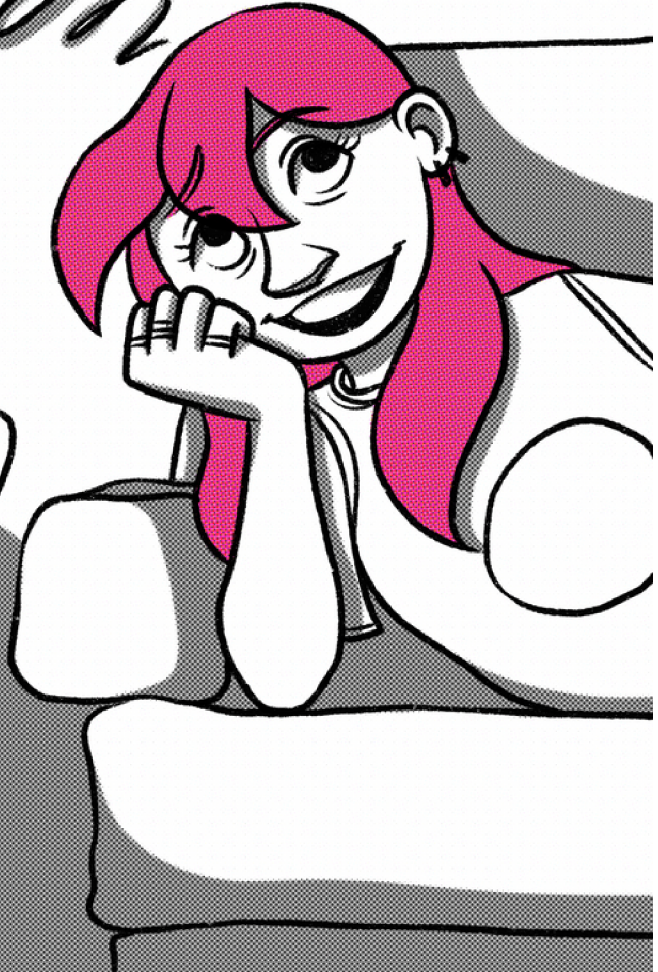


flow

It's a question that's been one of the number one most-asked questions in all of kid-dom.

"I'm boooored. What can I do?"

(Hint: we at **FLOW LIFE SKILLZ** have some ideas.)



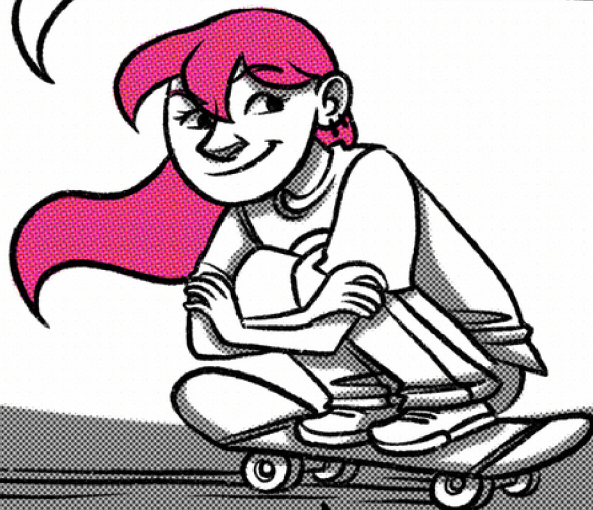
Now I know what
you're thinking:
why don't I just
go on my
phone?





Yeah, I hear ya.
But y'know
that icky feeling
you get when
you stare at a
screen too long?
Not worth it.
Better to go
figure something
else out.

One of the best things you can do when you're bored is to learn something new!!



(If you're complaining that this one is "too much work", know that this can be as easy as watching a youtube video.)

Learning something new can be way more fun when it stems off of a hobby you already have!



FOR EXAMPLE...

Like to eat?



Learn to Cook!

Like to skate?



Learn a new trick!

Like to draw?



Learn a new medium!

Like to sing?



Learn an instrument
to go with it!

You can also harness your dislikes!

FOR EXAMPLE...

Don't like to read traditional books?



Try comic books!

Don't like to write?



Try sketching!

Don't like being stuck indoors?



Go for a nature walk or a hike!

Don't wanna talk to a friend right now?



Try journaling!

There's so many ways to beat boredom, don't let yourself get sucked into the screen!!

