

WHAT TO DO TO BUST QUARANTINE BOREDOM

Do a workout

Facetime or call a friend or family member you can't see

Go on a walk

Do some online shopping

Make a bucket list

Tidy your bedroom

Make something

Do a project

Try a new skill

Bake something (if you can get the ingredients)

Here are a few things that I have been doing to keep myself entertained and busy:

- walking my dog
- baking cookies and shortbread
- helping my dad on outdoor projects
- making dens in my dining room to sleep in
- going for runs and trying to beat my PB for my running club
- playing badminton and choreographing dances