

Maya's MYSTERIES

"All the existing sciences and crafts . . . were at one time hidden . . . it is that all-encompassing human power that has discovered them . . ." —'Abdu'l-Bahá

BOREDOM CAN BE A GOOD THING!



BUST OUT OF BOREDOM

Today my friend Kiara texted me: "I'm bored. What should I do?" I looked outside. Howling winds and rain shook the trees, so going outside wasn't an option. Last week during a storm, I got bored and stared out the window until my dog, Pinecone, jumped in my lap with a ball in his mouth. His big eyes asked me to play, and I got inspired to teach him some new tricks. I even built a fun obstacle course for us!

Can boredom be a *good* thing? I looked it up online, and guess what? Being bored lets your brain rest and daydream, and that can help ideas come to life. When you tackle new ideas, you can boost your creativity and self-esteem. Who knew?

I called Kiara, and we came up with a list of fun things to do when we're bored. I hope it helps *you* bust out of boredom, too!

USE YOUR IMAGINATION!

Invite friends and family to see how many of these ideas you can try in one month. Add your own ideas!

Start of challenge: _____ ☆ End of challenge: _____

- ☆ Make a time capsule to open in 10 years with a letter to your future self.
- ☆ Make up a dance routine to your favorite song.
- ☆ Pick five ingredients and challenge yourself to create a new recipe.
- ☆ Draw or paint something with your opposite hand.
- ☆ Design your dream house. Where would it be? What are nine cool features?
- ☆ Imagine that you get to interview a hero from history. Who is it? _____ Write a story about the interview.
- ☆ Create a fun gift box for a friend or family member.
- ☆ Imagine your stuff comes to life. What does your backpack say? Your shoes?
- ☆ Choose any ball and make up a new sport.
- ☆ Dream up your own restaurant and design a menu of your favorite foods.



- ☆ Grab six things from the recycling bin and create art or an invention.
- ☆ Make a collage about adventures you want to have.

Write your own ideas:

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