

SUMMER BREAK: "I'M BORED" EDITION

YOUR GUIDE TO CONQUERING BOREDOM THIS SUMMER



Summer break is finally here!

While summer vacation is an amazing time to create new memories and spend time with family, the dreaded "I'm bored!" statement will be spoken by kids everywhere. Instead of dreading that statement, here is your ultimate guide of cheap and free activities to do when "I'm bored" is said to you!

"I'm bored" guide:

- Paint a picture
- Make your bed
- Play tag
- Participate in FREE summer reading programs
 - Camp Book It from Pizza Hut (each month you have a chance to earn a free personal pan pizza by completing the reading goals!)
 - Evansville-Vanderburgh Public Library summer reading programs (each week you have a chance to win one of the prizes!)
- Write a story
- Do "Just Dance" videos on YouTube
- Practice yoga
- Draw with chalk



- Create an outdoor scavenger hunt
- Go for a walk by the river
- Visit Mickey's Kingdom
- Go for a hike
- Participate in Home Depot's kids workshops (at participating locations)
- Go fishing
- Ride a bike
- Ride a scooter
- Play basketball
- Learn a new skill
- Have a dance party
- Complete a puzzle
- Write a story
- Build a fort
- Transform your living room into a movie theater!
- \$1.50 Summer movies at showplace cinemas! (select movies on select days, visit <https://wkdq.com/southern-indiana-movie-theater-1-50-summer-movies/>)
- Make some yummy treats
- Do a science experiment
- Create an obstacle course
- Do a GoNoodle video on YouTube
- Play I Spy
- Play with bubbles
- Have the kids help you wash your car
- Make sidewalk paint
- Visit Holiday World and Splash N Safari (Utilize the pick your day option to save money on tickets!)
- Plan a playdate with some friends
- Pick a color and choose how many items you can find of that color
- Play in the sprinkler or garden hose
- Have a water balloon fight
- Make some smores
- Go swimming
- Have a popsicle shower or bath!
- "Wash" toys outside!
- Use your imagination! The possibilities are endless.
- Have an AWESOME summer!

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.