



What to do when you don't know what to do....

- Read a book
- Go for a walk
- Go for a Run
- Walk backwards
- Jump Rope
- Do push-ups
- Do sit-ups
- Organize your sock drawer
- Clean the bathroom tub
- Re-organize your canned goods
- Play with dirt
- Skip
- Eat Peanut Butter (unless you are allergic!)
- Draw
- Tear some paper
- Play music
- Chew food slowly -25 times per bite
- Play with water
- Re-Pot a Plant
- Write the alphabet backwards
- Sort the laundry
- Organize CD's
- Chew ice
- Bike ride
- Google Comedians
- Cook
- Organize the spice cupboard
- Write a poem
- Play with Legos
- Rearrange your furniture
- Color with Crayons
- Wash your hair
- Do your nails
- Read a joke book
- Do a crossword puzzle
- Play a musical instrument
- Pray
- Stickers
- Go outside and touch the grass (snow, leaves or jump in the puddles)
- Shred a piece of fabric with your hands
- Try to walk with a book on your head
- Match the socks
- Call someone you like
- Juggle
- Clean under your bed
- Be a statue
- Do a difficult math problem (or review your multiplication tables)
- Do Sudoku
- Bake cookies
- Play with Play-doh
- Play with dry rice
- Glue a macaroni picture
- Punch paper with a hole puncher
- Bang a drum (or pots and pans)
- Sing loudly
- Yo-Yo
- Paint by numbers
- Do a maze
- Press flowers in a big book
- Pop bubble wrap
- Braid Yarn
- Boondoggle
- Google 5 recipes you have always wanted to try
- Pet your pet
- Study a map
- Look up the Guinness book of World Records
- Smell the spices in your cupboard
- Create an invention
- Count the windows on your home
- Count the light switches in your home
- Count the electrical outlets in your home
- Clean out your old clothes
- Do the Rosary, or prayer beads, or worry beads
- Vacuum every corner of your home
- Teach your dog a new trick
- Research what type of pet you would like
- Read a classic book
- Listen to cheesy pop music
- Roll your feet over a cold can of pop/or bottle of water (do not open!) or use a tennis ball
- Brush and floss your teeth
- Make a vision board
- Play the alphabet game
- Spell your name backwards
- Draw with a blindfold on
- Itemize your collections
- _____
- _____
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