

THE MPL TEEN ADVISORY BOARD PRESENTS:
TEEN TAKE AND MAKE KITS
TAKE A BREAK FROM ZOOM AND MAKE SOMETHING

Boredom Jars

There's no right or wrong way to set up your boredom jar!

1. Decorate your jar and popsicle sticks with washi tape (or anything else you'd like to use!).
2. On each popsicle stick, write down something you can do when you're bored. We've included a list of ideas to get you started!
3. Next time you're bored, pull out a popsicle stick from the jar and do what it says. Congratulations! You're no longer bored!



Don't worry, you don't have to write the same thing on each stick like we did...