



## I'm Bored!

Do you ever feel bored? Boredom can make you feel **frustrated** and tired. It can make you feel sad or angry.



Trying new things can keep boredom away.  
Being active can help too! Let's look at some of  
the ways you could have the BEST DAY EVER!





## **Splash!**

Playing in water is a great way to cool off on a hot day. You can relax in a little pool. You can run through sprinklers.



Feel like learning something new? Take swim lessons at a public pool.