CHECKLIST

Outdoor responses when boredom hits

- [ ] Stand outside for two minutes without a task or destination
- [ ] Run cold water over your hands and wrists for thirty seconds
- [ ] Watch birds from a window for ten minutes
- [ ] Touch something growing and notice its texture
- [ ] Name five things you can see outdoors from where you are
- [ ] Clear weeds from a patch of pavement or turn soil in a pot
- [ ] Keep a written list of outdoor responses that have worked before