



What I Can Do While I'm at Home - Middle School/High School Age

Right now, I have to be at home to stay healthy.



Even though I am at home, I have schoolwork to do.

When I finish my schoolwork, I sometimes get bored.



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When I get bored, here are some things I could try to do for fun:

- I could listen to music



- I could read a book



- I could create a fun video



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- I could draw or paint



- I could play a board game with my family



- I could take a walk



- I could text my friends



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- I could watch a movie



It is good to find something to do at home when I am bored.

Finding something to do may help me feel happy.

When I feel happy, my family feels happy.

