

# Summer is the classic time to get bored. What can you do about it?

By Libby Haim

Summer is here, and that's a lot of fun. You have a ton of time off from school; and finally, you can do all the things you like! But with all that free time, there's an unwanted guest that will surely come visit — boredom. Here are a few simple ways to deal with it.

## **Don't panic**

First things first: take it easy. I know that sometimes, when I have nothing to do for a very long time, it can take me to some pretty depressing places. Always remember: nothing's wrong with you — you're just bored! And this feeling will go away as simply as it came.

## **Call a friend**

Don't be shy. Even if you haven't made any plans with anyone, you can always pick up the phone and call them, or send them a text. A small chat with a friend can work wonders, and hey — maybe they'll be free to meet.

## **Help your parents out**

I know — helping around the house doesn't sound like a dream come true. But sometimes, when you're feeling bored, it can be great. Get out of your room, and ask your mom or dad if they need help with anything. What do you know? You might even accidentally learn how to cook!

## **Read a book**

Books aren't as trendy as Instagram or Snapchat, but they do a better job at keeping you interested for long periods of time. Some old-school reading of a good book might be all you need to get out of your boredom.

And if you know that you're the kind of person who gets bored easily, the best tip I have for you is: **create a schedule** at the beginning of the summer, and fill it with activities. This is a great way to keep yourself active when you don't have a routine.

Guest  
אורח

Visit  
לבקר

Depressing  
מדכא

Wrong  
לא בסדר

Wonders

פלאים

Accidentally  
בטעות

Periods  
מחזורי

Schedule  
לוח זמנים

Routine  
שגרה