

BOREDOM BUSTERS

FROM KICKS & TREK FEBRUARY 17-18, 2010

"I'm bored - txt me."

Boredom. We probably all feel bored from time to time – it even happens to those who are super busy, who repeat a similar routine day after day. As a student, you know how easy it is to be bored at school or lectures or at church. There are plenty of other areas – people get bored with their job, with their friends, with their families, with TV & entertainment choices, with the way they look, with their very lives! Unfortunately, it also happens in regard to faith, worship, and the Bible. Boredom is a *personal*, a *cultural*, and a *spiritual* issue today. It happens when we lose focus on our purpose and our passion. (Read 1 Corinthians 10:31 for our highest purpose).

As followers of Jesus, we are called to be alert and on guard as we represent Christ to the world. We are called use our time wisely, making the most of every opportunity (Ephesians 5:15-17). Boredom sometimes can breed negative or risky behavior – you might be tempted to do certain things you know aren't right or good. BUT, you can *also* choose to use times of feeling bored to grow yourself spiritually or devote time to something positive you're passionate about.

In February 2010, KICKS and TREK spend a week talking about "BE UNBORED". All the small groups came up with lists of "Boredom Busters" – creative and constructive things to do when you're bored (at least creative ☺). Those lists have been combined below. The next time you're bored to tears, you don't have to wait for a text or someone else to provide something for you to do – check out this list and take responsibility for your life. Feel free to add to the list by emailing rfriesen@cbckansas.org, and have fun!

-
1. Open up your Bible and point to a verse at random – read it
 2. Do the same as above with a dictionary
 3. Name an inanimate object and treat it as your son/daughter
 4. Blow bubbles
 5. Bake cookies – share with neighbors or friends or family
 6. Clean your room
 7. Take a nap
 8. Try a new musical instrument
 9. Check out www.WillItBlend.com
 10. Have a dance party in your room
 11. Learn a new language
 12. Visit with someone you don't know in your neighborhood
 13. Color in a coloring book
 14. Do your homework
 15. Make a video of something funny (and clean) and interesting
 16. Try making a meal for your family with a new recipe
 17. Memorize some verses from the Bible
 18. Act out a scene from a Bible story
 19. Take a nature hike (or just a good walk somewhere)
 20. Exercise
 21. Create a website
 22. Stare at random people and try to telepathically get them to do something
 23. Take pictures
 24. Sing a song about whatever you're doing
 25. Rollerblade or ride a bike
 26. Pretend you don't have a left hand
 27. Find a service project and do it
 28. Create a cartoon character
 29. Talk in movie quotes
 30. Start a new hobby or continue an old one you've left alone for awhile
 31. Write out everything you're involved in and start prioritize them

32. Go “people watching” at a mall or other location
33. Take a bubble bath or throw some pudding (?)
34. Send a letter or card to a friend
35. Check out a local scenic area or museum
36. Learn to juggle
37. Make an ice sculpture
38. Go curling
39. Eat ice cream in sub-zero weather conditions
40. Build a fort with blankets and chairs like when you were a kid
41. Play Pokémon
42. Find someone to arm wrestle
43. Talk in a foreign accent
44. Slide down the stairs on a pillow
45. Walk the dog
46. Dance with the vacuum (and clean at the same time)
47. Purposely exaggerate your laughter
48. Make snowflakes out of paper
49. Have a rubber-band war
50. Build something with Legos
51. Yawn and count how many people you can get to yawn too
52. Time your clocks to make sure they are exactly sixty minute hours
53. Plan a practical joke on your parents (but be nice about it)
54. Spend time in prayer
55. Braid your leg hair
56. Doodle on paper
57. Make a lemonade stand
58. Buy a pet
59. Call some friends or family
60. Say “Hi” and try to get people to smile
61. Draw pictures of made-up animals, like panda-hamsters
62. Water balloon fight
63. Play a board game with someone
64. Do a “Coke or Pepsi” survey (better yet, include Dr. Pepper)
65. Play Charbouya
66. Go to Walmart and “window-shop”
67. Wear a funny hat
68. Act like you have your own TV show (talk show, cooking show, etc.)
69. Wash your car (or a parent’s car)
70. Go around your house without using your feet
71. Try not to think about penguins
72. Try to swallow your tongue
73. Memorize the Periodic Table of the Elements
74. Scare people
75. Talk to yourself
76. See how many push-ups you can do
77. Look in a mirror and tell yourself how beautiful you are
78. Clean your kitchen pantry – eat what looks good
79. Dress up like for a fashion show
80. Jump on a trampoline
81. L.A.R.P. (Live Action Role Playing)
82. Do a craft project
83. Photography
84. Try to sell ideas to Martha Stewart
85. Plant some things (plants, flowers, garden)
86. Volunteer to babysit
87. Get a job
88. Learn to walk on your hands
89. Try Frisbee golf
90. Scrapbook
91. Go fly a kite
92. Draw on the sidewalk with chalk
93. Play the piano
94. Turn up the music and dance like crazy
95. Figure out how dinosaurs learn their colors
96. Clean out the litter box
97. Dig through your clothes drawers or closets and pull out what you don’t wear to give to Goodwill or some other place
98. Contemplate what you can do for someone else – then do it
99. Write your pastor or a leader from church a thank you note
100. Think of some more “Boredom Busters” and send them to Russ