

Abraham Lincoln once said "Most folks are as happy as they make up their minds to be". Arizona Parks and Recreation Association believes the same is true for boredom. MOST FOLKS ARE AS BORED AS THEY MAKE UP THEIR MINDS TO BE!

THERE MUST BE AT LEAST 50 WAYS TO LEAVE YOUR BOREDOM

WHY NOT TRY...

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| Go for a walk | Do somebody a good turn |
| Go see a movie | Meditate |
| Listen to a favorite song | Go for a drive |
| Write a letter to an old friend | Visit your place of worship |
| Call your mother/father | Relax at your local Park |
| Go on a picnic | Make something out of wood |
| Watch a sunset in a favorite spot | Look at old pictures |
| Fly a Kite | Make a collage |
| Go window shopping | Practice smiling in the mirror |
| Kick a hacky sac | Take a shower |
| Learn a new game | Start/write in your journal |
| Visit a friend | Play the "spoons" |
| Call your son/daughter | Climb a mountain |
| Go to the library | Watch airplanes at the airport |
| Read a book/magazine | Clown around |
| Throw a Frisbee | Blow a bubble/balloon |
| Invite someone over for dinner | Play with your pet |
| Visit a museum | Sunbathe |
| Volunteer | Explore the desert |
| Exercise | String popcorn |
| Watch the clouds | Say "hi" to your neighbor |
| Laugh out loud | Paint a picture |
| Smell the flowers | Move the furniture around |
| Throw a ball | Discover the wild life in your own backyard |
| Find out what is happening at your local parks & recreation department | Make your own list of 50 ways to leave your boredom |

For information on the Arizona Parks and Recreation Association
call (602) 267-7246

Don't forget the frosting on life -- recreate