

anti- boredom booklet

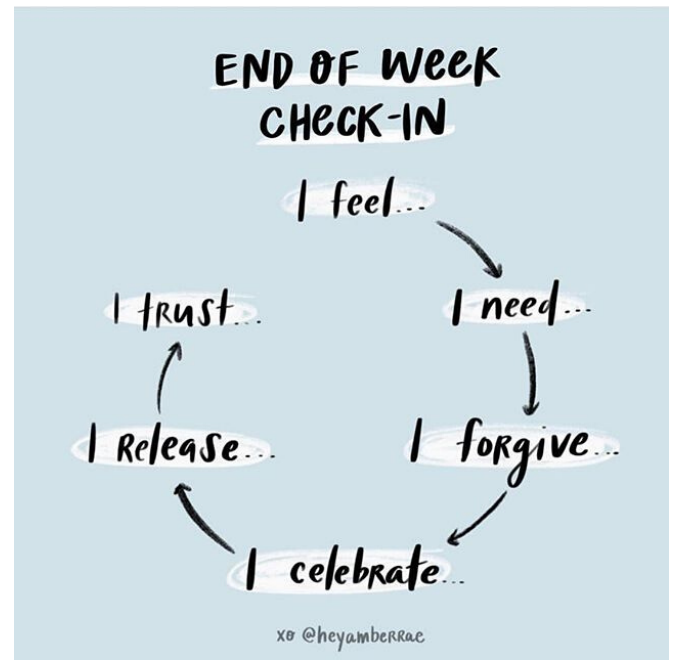
APRIL 23 2020



contents

1. journal prompts
2. card-making
craft
3. colouring page
- 4-6. games + puzzles

JOURNAL PROMPTS ♡♡



✧ **HELLO, APRIL** ✧
LET'S CHECK IN!

IN MARCH, I LEARNED...

THE HIGHLIGHT LAST MONTH WAS...

THIS MONTH I WANT TO FEEL...

ONE THING I'LL REGRET NOT DOING IN APR IS...

I WANT TO GIVE MYSELF MORE PERMISSION TO...

IF I GET STRESSED, I'LL REMEMBER...

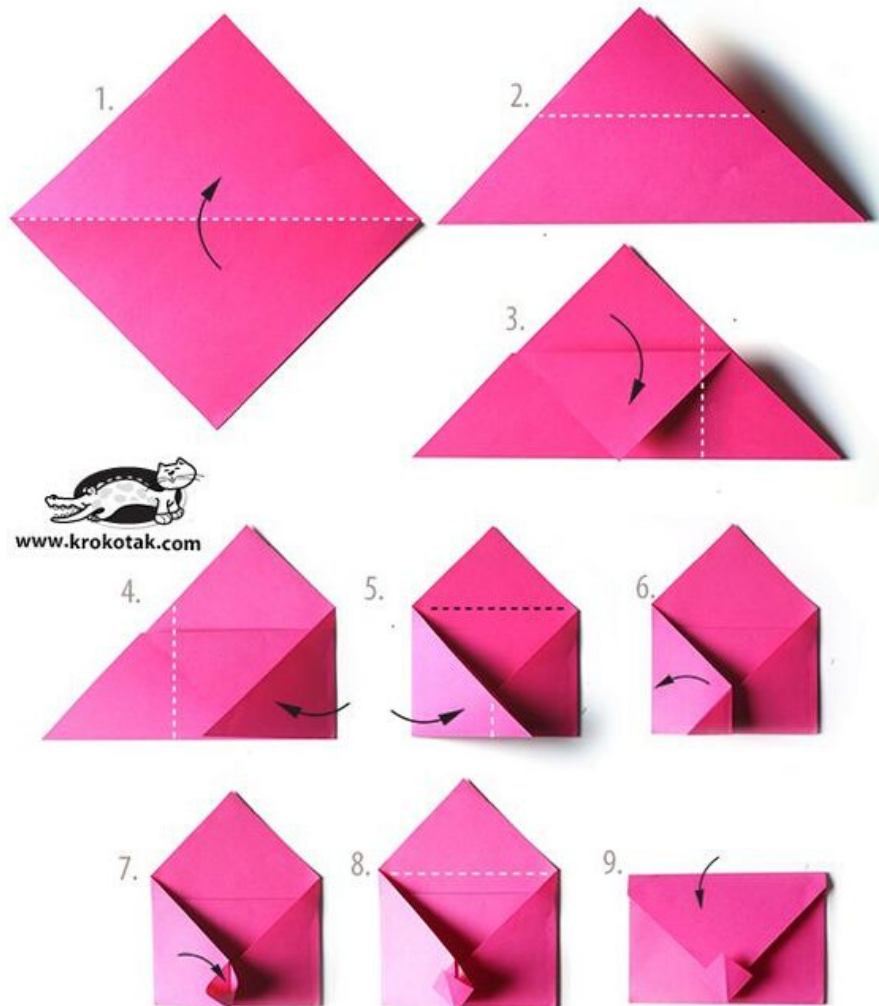
xo @heyamberrae

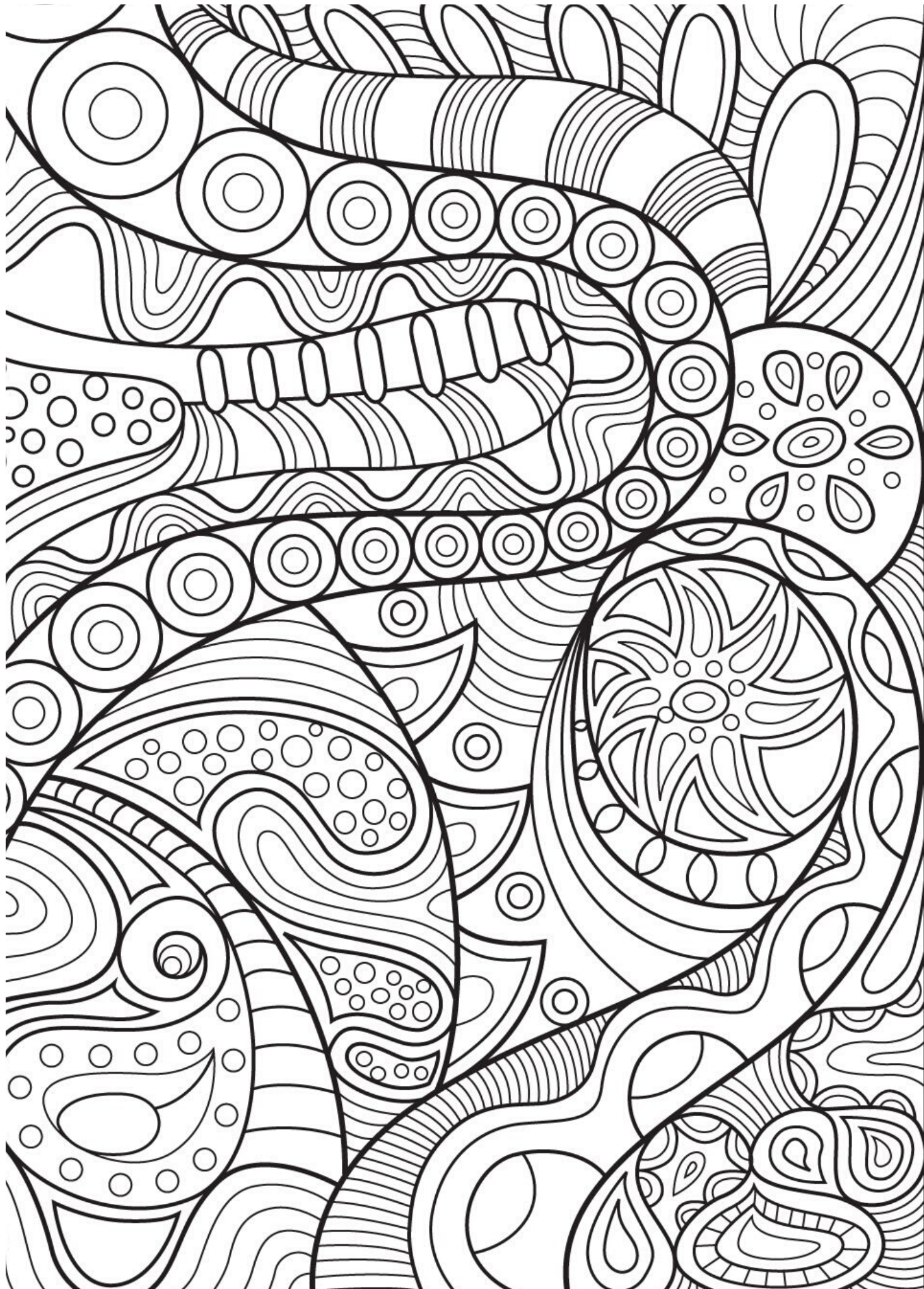
@heyamberrae

send a note to a friend -

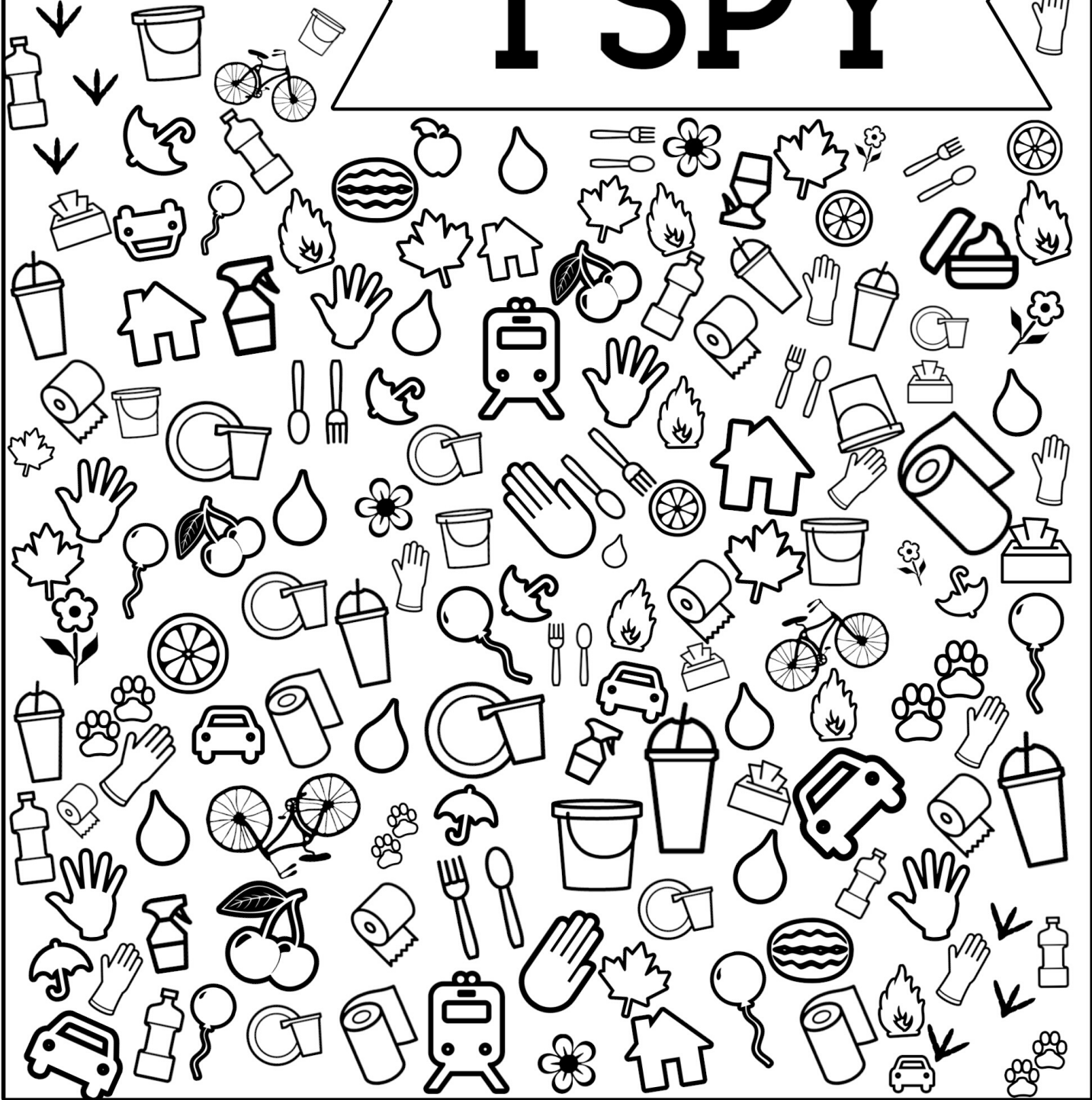
(or a neighbour, or a family member, or leave it for someone to find)

1. use the instructions below and the extra paper to fold an envelope for each of your cards
2. use the thick card stock paper provided to make a card (or 2! or 3!) make sure it's small enough to fit in your envelope!
3. write and decorate to your hearts content with the supplies provided
4. deliver (contactless!) or mail to the recipient and brighten their day! ♡






I SPY



- | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 4 | 2 | 4 | 5 | 7 | 4 | 6 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 |
| 3 | 2 | 4 | 6 | 2 | 7 | 3 | 9 | 6 |

REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4 THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS ...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

REBUS FOR YOU !

SOLUTIONS

1. Red in the face	2. Green Eggs and Ham
3. Backrub	4. All thumbs
5. Two left feet	6. Black sheep of the family
7. Big fish in a little pond	8. Tennis shoes
9. Long time, no see	10. All in a day's work