Name	Date
RESPOND TO A TOPIC: National Anti-Bo	oredom Month (July)
Read about July as National Anti-Boredom Mo questions. Write your response on the lines.	nth, and then respond to the
July is National Anti-Boredom Month. This mother the state of feeling disinterested and restless, people have researched and tried to understate boredom can be caused by repetition or dult experience, and that it's actually not always at to have new experiences and pursue new gothealthy activities—those that are not repetitive take up a new hobby, volunteer your time, lead to solve a problem. National Anti-Boredom Mus bored and to change up our routines as well	Over the centuries, many and boredom, finding that tasks, that it's a normal part of the human bad thing. Boredom creates an opportunity als! To combat boredom, find creative and for you—to stimulate your brain. You can rn something new, or channel your creativity onth encourages us to identify what makes
When do you find yourself getting bored? Why d distraction when you're feeling bored? What mig boredom? Consider activities that might be new opportunities, or skills you could learn. Explain.	ht be a new, more exciting way to combat