


# Create your own activity jar

A creative activity to distract, soothe and pass the time! Having a collection of activities could help with feelings of boredom, loneliness or anxiety.

 Remember you don't have to try it, and you can stop at any time.

## Step 1

Find a jar/container (E.g. a washed out jar or even a shoe box) and decorate it. You could use paint, glitter or anything else that you like.

## Step 2

On small pieces of paper, write down some achievable activities (E.g. games to play, challenges to complete, jobs to do, things to create or funny jokes to play).

## Step 3

Put all of your pieces of paper into your container or jar.

## Step 4

Anytime you feel bored/anxious/lonely/stressed, take an activity to complete (if you pick one you don't like, put it back and choose another).

## Step 5

Afterwards, think about how you feel now compared to before (E.g. what does it feel like to try something new?)

## Step 6 (Optional)

Tell us if you've tried the activity...

☐

I've tried the activity 🙌