

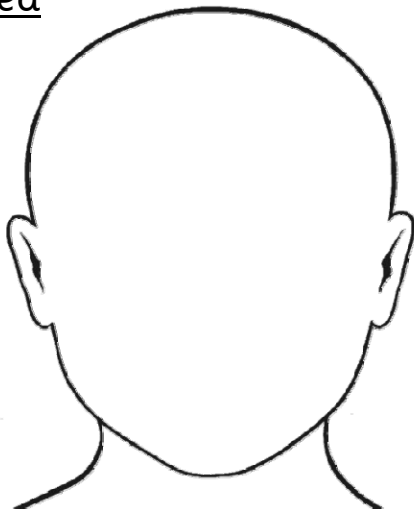
Name:

My Boredom Chart

What my body does when I feel bored

What I say when I feel bored

How I look when I feel
bored



What I can do to help my
boredom