**Physical**

* Baking
* Dancing
* Exercise
* Gaming

**Something else?**

How have I coped with boredom?

What is my experience of lockdown?

How have other young people coped with boredom?

What are young people’s experiences of lockdown?

Tell the story of other young people

Tell my story

**What do I want to say?**

How many pages?

(at least double page spread)

Find links for stationary on Amazon and send to Sammy

BOREDOM ZINE

**Writing**

* Poetry
* Essay
* Article
* Manifesto

**Drawing or art**

* Illustration
* Comics
* Painting

**Media**

* Film
* Photography
* Music
* Social media

What creative activities do you enjoy?

How am I going to say it?

What resources do I need?