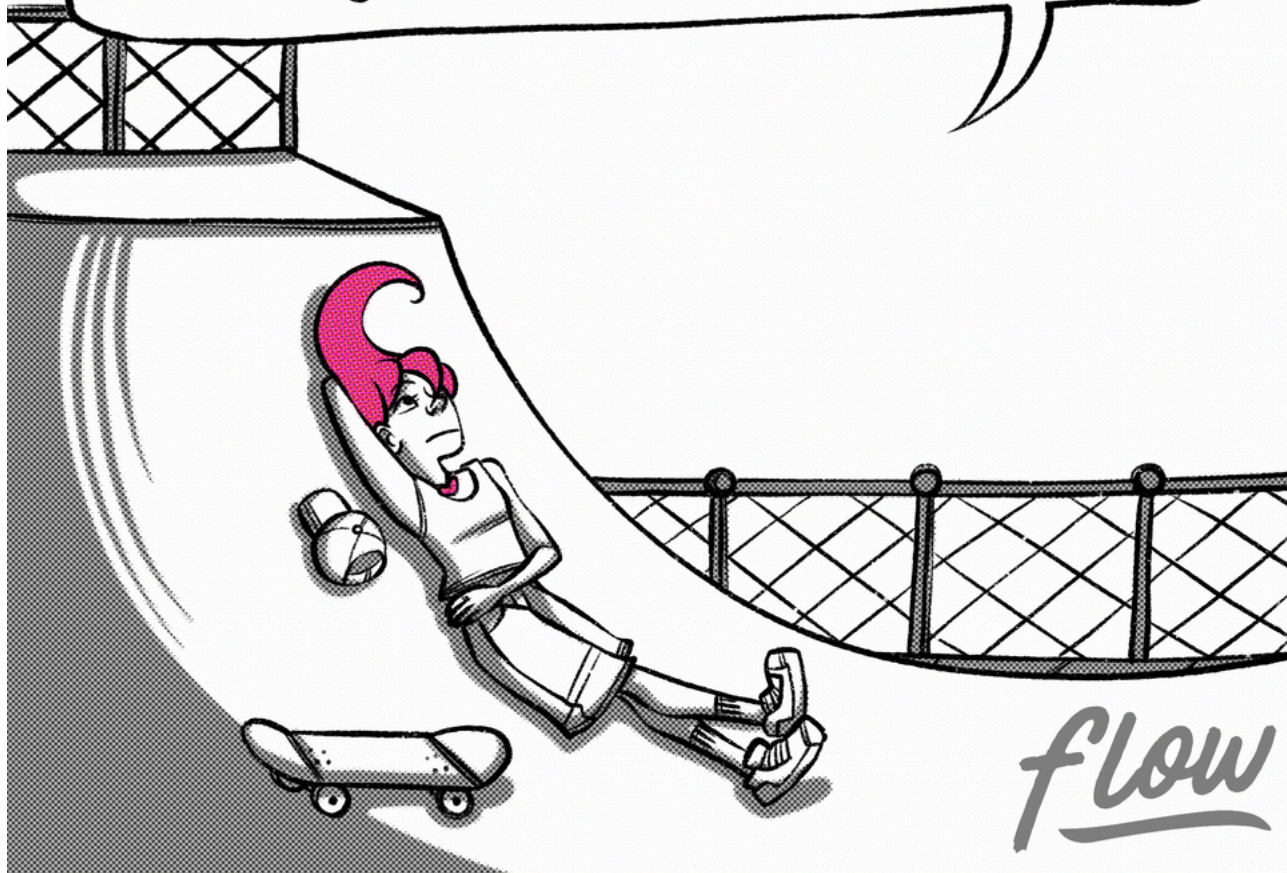


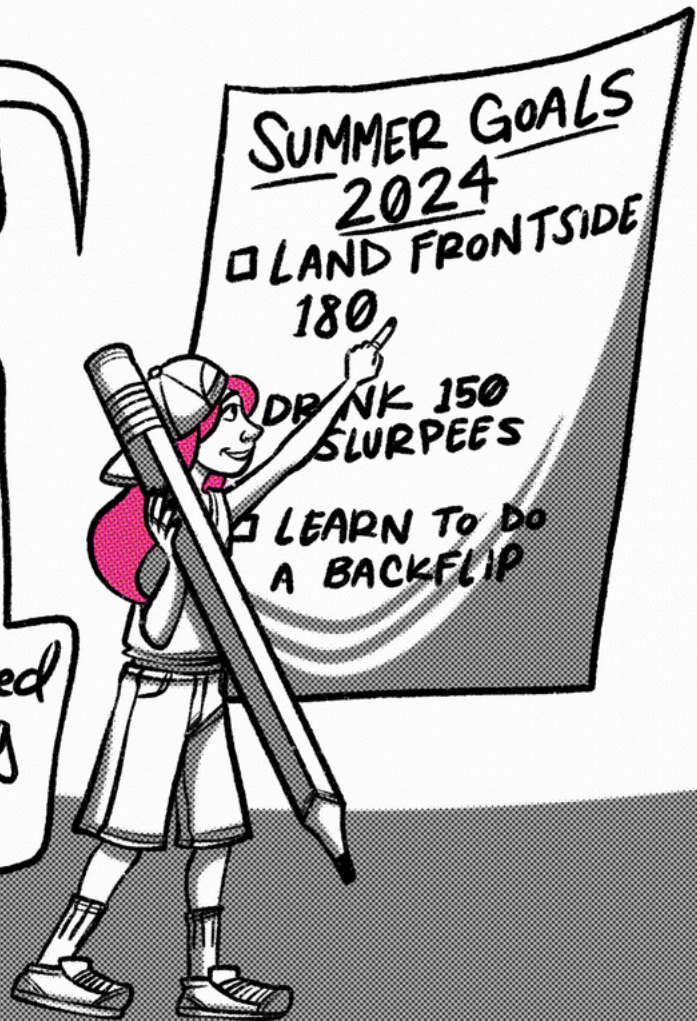
So summer's coming up. Which means summer  
**BOREDOM** is coming up. Welcome  
back to **FLOW LIFE SKILLZ!**  
We've got some tips for how to fight  
back against the summer blues.



*flow*

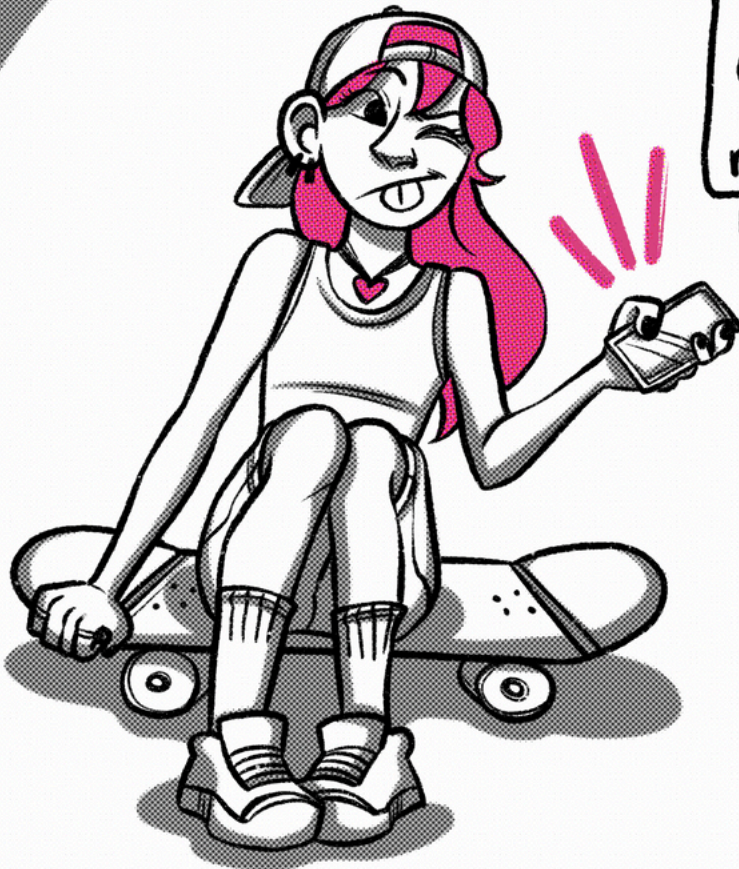
To kick off the summer, start by making a list of goals to hit by summer's end.

These can be as complicated or little & silly as you want! This just helps keep you motivated to do something (ANYTHING).



Even when the days get long and you feel SO freaking bored... do **NOT** give in to the temptation to doomscroll.

I promise it won't cure the boredom and will actually make you feel gross n' lazy, trust.





Join a club or a summer sport team! There are tons of free options too. Look online or ask your school staff! They'll know of cool local stuff to join.

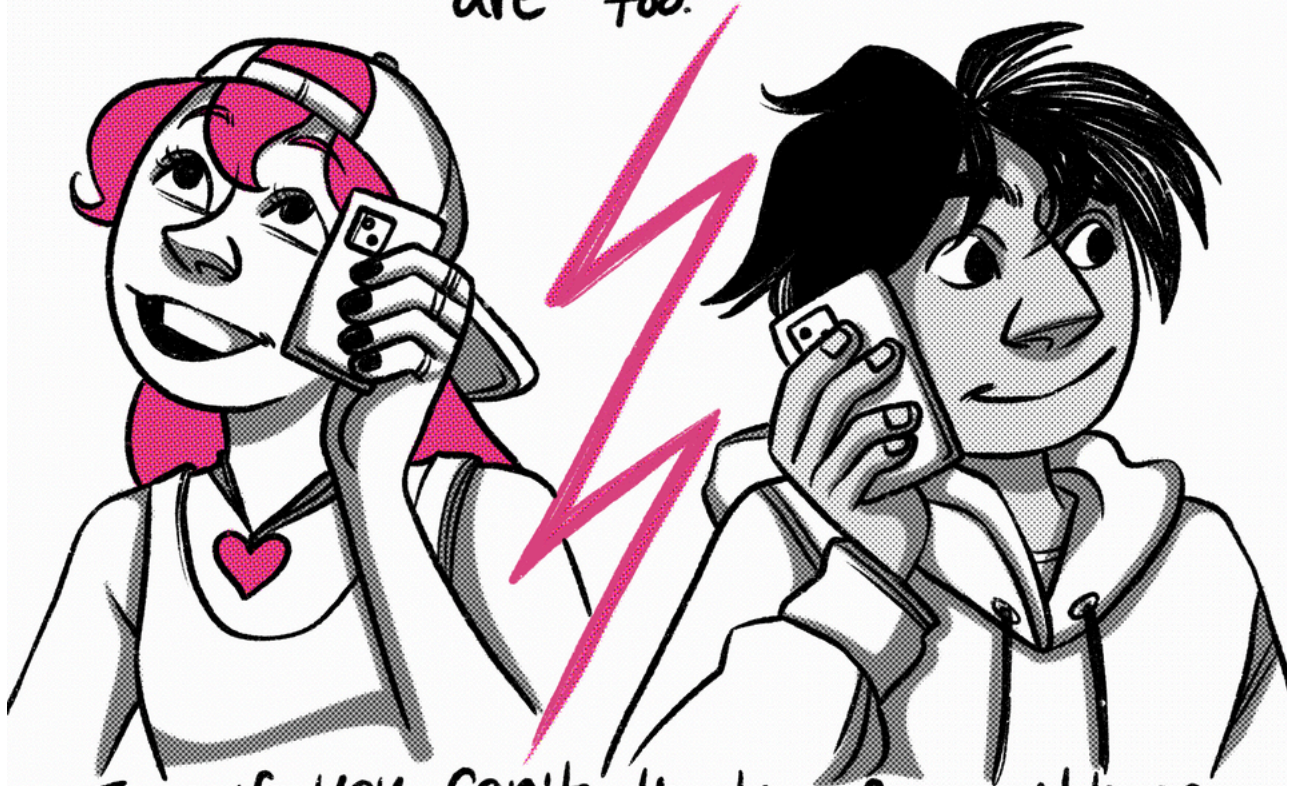
See if you can sign up for a week of a local camp! It'll keep you entertained and give you something to look forward to.

(Shameless plug: come to **CAMP FLOW!** It's tons of fun and we have scholarships available! Check it:

[FLOWLOVESYOU.ORG/2024-SUMMER-CAMP-2024](https://flowlovesyou.org/2024-summer-camp-2024))



Finally, it may sound dumb + obvious, but reach out to your friends! Chances are, if you're bored they probably are too.



Even if you can't think of anything to do together, it's way more fun to be bored together than apart.

obviously there isn't one "right way"  
to do summer. These are just  
Some ideas to keep you feeling  
**BOOKED + BUSY.**

