### The ABCs of Summer Boredom:

## Awareness, Curiosity, and Action

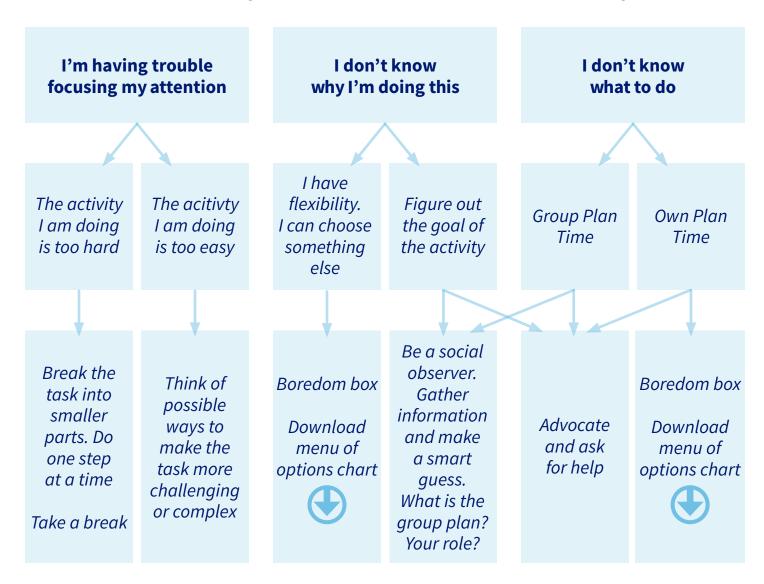
# **1. You notice you feel uncomfortable/bored** *Time to get curious!*

### 2. Identify the situation

• Where are you? • Who is there? • What is happening?

#### 3. Think about the situation

Which one might apply? See flowchart for strategies.



Learn more at www.socialthinking.com/summer-boredom-awareness