

The ABCs of Summer Boredom: *Awareness, Curiosity, and Action*

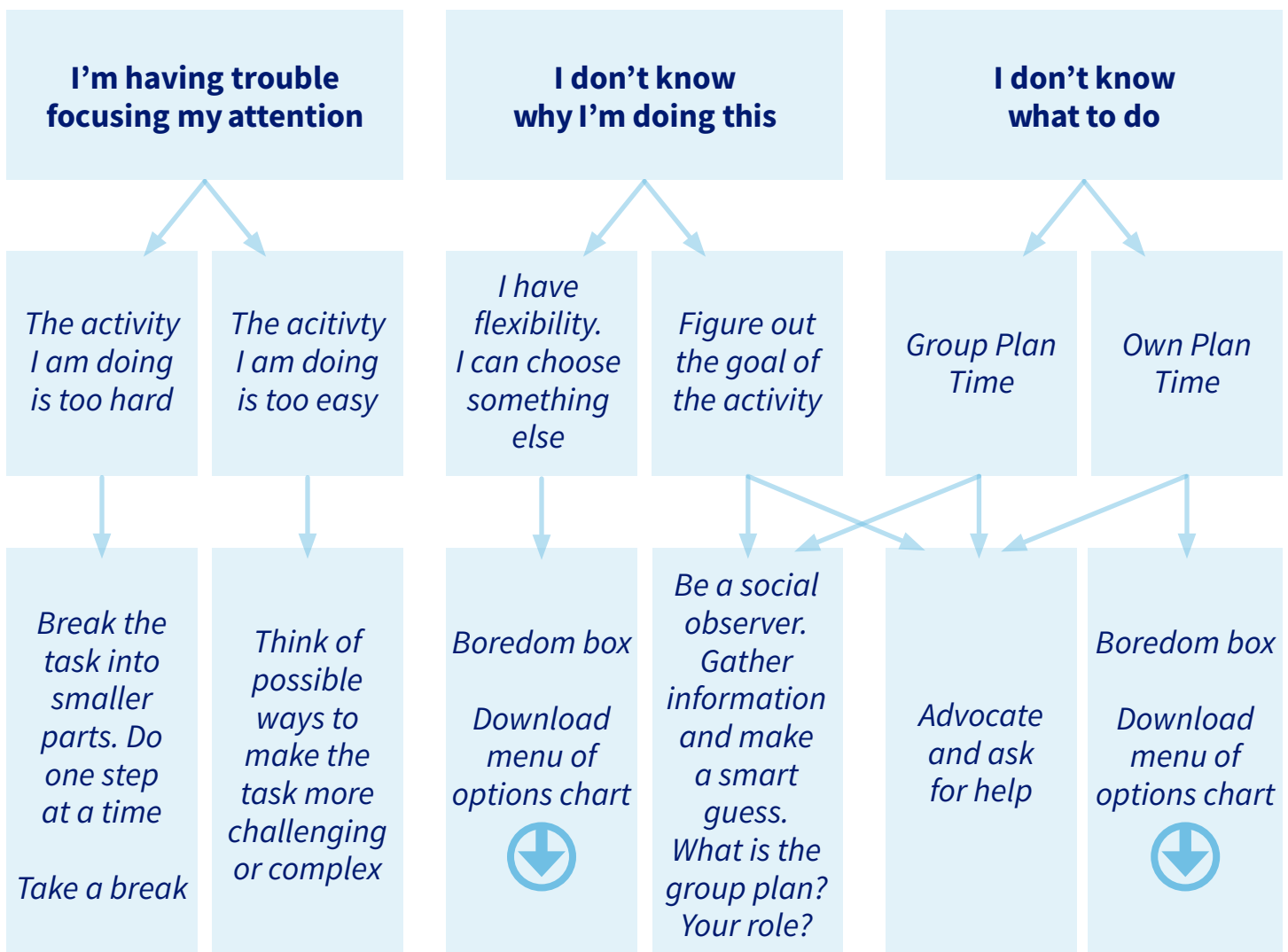
1. You notice you feel uncomfortable/bored
Time to get curious!

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