

# The Intentional Moms

## "I'M BORED"

### LIST

*womenwithintention.com*

**B-** Begin a new family tradition!

**O-** Offer your time!

**R-** Read aloud to the kids!

**E-** Exercise with a game!

**D-** Do something together!

For more ideas check out:

<http://womenwithintention.com/the-intentional-moms-im-bored-list/>