

## "Boredom kit" inventory checklist

The non-phone bag — refilled weekly. *Keep it packed; refresh between cycles.*

### WHAT'S IN THE KIT

- 1 audiobook downloaded onto the phone
- 1 coloring book + 6+ quality markers
- Crossword OR Sudoku book + pencil + eraser
- 2-3 magazines (different topics)
- Small sketchbook + pencil
- Eye mask + earbuds
- Conversation prompt cards (homemade or store)
- 1 paperback short-story collection
- Pre-stamped envelopes + a pen for letter-writing
- Knitting or other hand project (optional)
- Photo album or list-making notebook

### REFRESH DATES

DATE REFRESHED	WHAT I ADDED	WHAT I USED UP	WHAT TO ADD NEXT TIME

*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*