

MARVEL STUDIOS
ANT-MAN AND THE WASP

Scott Lang's FUN AT HOME TIPS

PLAY DRUMS



Don't know how? Play anyway. It feels good. You don't even need actual drums. Drum away on something, whatever, just drum.



INDOOR BOWLING

Can't go to a bowling alley? Bring the bowling alley to you. Use your judgment.



READ A BOOK

Not on some device. That's a totally different experience. Read an actual book.

SING KARAOKE

Singing it a great thing to do, even when no one is around. In fact, it's probably better. You can really work on a song and let yourself go there, and if you suck, who cares!



CARD TRICKS

Pulling off a good card trick requires serious focus and lots of practice. Super powers can help but that might be technically cheating.



PRACTICE ORIGAMI

The art of folding paper into decorative, geometric figurines can be incredibly relaxing, even meditative. Thanks Japan.

SHOOT SOME HOOPS

Get your juices flowing, work on your three pointers and really challenge yourself to bring it. Then, leave it all on the court.



BUILD A FORT

Got kids? Boxes? Blankets? Building and playing in a fort is just about the coolest thing you can do with your kid. Make your own world. They'll be totally into it.



TAKE A BUBBLE BATH

Why not combine good hygiene with total relaxation?



What's the rush? There's not much that a bath full of hot water, some Epsom salt and your favorite smelling bubble bath can't help.



WATCH A MOVIE

Set the tone, the lighting, get some snacks and make yourself nice and comfortable. What do you want to watch?

ON DIGITAL
OCTOBER 2

ON BLU-RAY™
OCTOBER 16



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