

Boredom Busters 1/4

PRINT, CUT, PLACE IN JAR.

1 RULE: YOU HAVE TO DO THE ONE YOU GET

SWEEP THE PORCH / STAIRS / DRIVEWAY

CLEAN YOUR BEDROOM

EMPTY / LOAD THE DISHWASHER

LEARN A MAGIC TRICK

DO A PUZZLE

WRITE A POSTCARD

READ TO SOMEONE

MAKE A TREASURE HUNT

WASH YOUR BIKE

LISTEN TO MUSIC

WRITE A STORY/POEM

GIVE SOMEONE A HAND MASSAGE

SIT STILL FOR 5 MINUTES

TRACE SHADOWS

PLAY HIDE-AND-SEEK

DO A STOP-DANCE

PLAY BASKETBALL/SOCCER

MAKE A CHALK DRAWING

PRACTICE A SHOW

ORGANIZE YOUR BOOKS (BY COLOR OR SIZE)

CREATE A FAVORITE CHARACTER OUT OF RECYCLING MATERIALS

MAKE A PAPER BOAT. SEE IF YOU CAN GET IT TO FLOAT.

Boredom Busters 2/4

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1 RULE: YOU HAVE TO DO THE ONE YOU GET

TRY A NEW HAIRSTYLE

BUILD A LEGO VEHICLE

BUILD A LEGO PET

FOLD LAUNDRY

TAKE OUT THE GARBAGE

10 MIN SCREENTIME

READ A BOOK

WRITE A LETTER/EMAIL

DO 10 STAR JUMPS, 10 SQUATS, 5 PUSH-UPS

BUILD A FORT

MAKE AN ICE CREAM SUNDAE

GO FOR A WALK

MAKE AN OBSTACLE COURSE

PLAY 20 QUESTIONS

PLAY A BOARDGAME

BLOW BUBBLES. HOW MANY CAN YOU MAKE CONNECT?

DRAW A MAP OF OUR HOUSE

MAKE SHADOW DRAWINGS

PLAY CATCH

MAKE PAPER AIRPLANES

CREATE A FAVORITE CHARACTER OUT OF RECYCLING MATERIALS

30 MIN WITH MOM/DAD

Boredom Busters 3/4

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1 RULE: YOU HAVE TO DO THE ONE YOU GET

PLAY DOMINOS

DO ORIGAMI

PLAY CARDS

30 MIN WITH MOM/DAD

PRACTICE TELLING A JOKE

DUST THE LIVING ROOM

PLAY TIC TAC TOE (OPTIONAL: DRAW IT WITH CHALK)

MAKE A COMIC

CUT UP USED PAPER (ONE-SIDED) FOR SHOPPING LISTS

PRETEND YOU ARE A PIRATE OR AN ADVENTURER

MAKE A FAMILY TREE

SET THE TABLE

JUMP UP AND DOWN 20 TIMES, THEN LIE STILL FOR 3 MINUTES

DRAW A ROBOT AND LABEL IT

GO GEOCACHING / SCAVENGER HUNT

DRAW A SELF PORTRAIT

MAKE A TIME CAPSULE

MAKE A FAIRY GARDEN

MAKE A RACE TRACK (E.G. OUT OF WASHI TAPE)

PLAN A SLEEPOVER (IN THE GARDEN)

LEARN/PRACTISE TO HULA HOOP

INTERVIEW A PARENT OR SIBLING (OR GRANDPARENT)

Boredom Busters 4/4

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1 RULE: YOU HAVE TO DO THE ONE YOU GET

RECORD A NEWS CLIP

MAKE A STOP-MOTION VIDEO

TAKE OUT THE GARBAGE

CALL SOMEONE FOR A CHAT

DRAW YOUR HAND (USE YOUR NON-DOMINANT HAND)

MAKE A FUNNY FACE FLIP BOOK

SHARPEN ALL PENCILS & COLORED PENCILS

MAKE FACES OR BUGS OUT OF LEAVES, BLOSSOMS AND BRANCHES

PLAY A GAME OF YATZEE

MAKE A WEEKEND PLAYLIST

DO RESEARCH ON THE FIRST TREE YOU FIND OUTSIDE

WHAT ARE MARSHMALLOWS MADE OF? WHO INVENTED THEM?

COLOR IN A PICTURE

LISTEN TO MUSIC

LISTEN TO AN AUDIOBOOK

DO 2 X 10 SITUPS

MAKE A COLLAGE (FACE, ROOM, DREAM VACATION)

WRITE A POEM

GO FOR A WALK/BIKE RIDE

WATER THE PLANTS

MAKE FINGERPRINT ANIMALS/FACES

DIY WIND CHIME - WRAP STICKS WITH YARN, ATTACH BELLS.