



No fuss activities

HAVE THESE SUPPLIES AT HAND FOR SELF-DIRECTED ACTIVITIES

INDOORS

- BOX OF CRAFT SUPPLIES - pom-poms, tape, glue, scissors, colored paper, stickers, pipe cleaners, craft sticks, beads, foam paper, glitter paper, feathers, toilet paper rolls...
- BOX OF PAINTING SUPPLIES - table cover, paints, brushes, water cup, paper towels, small canvases, rocks, glitter,...
- PLAY DOUGH - provide new boxes for newness factor (or make your own), add cookie cutters, rollers, dull knives, etc.
- LEGO CHALLENGE - find a list online
- BOREDOM BUSTERS - one rule: you have to do whatever you get! Download list on www.globalmobilitytrainer.com/lists
- NAIL ART - board, nails, hammer, string. For older children!

OUTSIDE

- STREET CHALK - challenge kids to draw something new, write something nice, create a labyrinth or game.
- HUNT FOR BUGS
- GO ON A PHOTO SAFARI - give them a camera and a theme (sets of 5, green things, bikes,...)
- WATER SQUIRTERS - need I say more?



Some preparation

**THESE ACTIVITIES CAN MOSTLY BE DONE
INDEPENDENTLY AFTER SET UP AND EXPLAINING**

INDOORS

- TRACE SHADOWS - place toy animals or child so that clear shadow is visible on paper. Trace and color.
- MAKE "LOOKERS" FOR A SCAVENGER HUNT - glue two toilet paper rolls together, decorate, add a ribbon to hang around neck.
- INDOOR SCAVENGER HUNT - download free at www.globalmobilitytrainer.com/lists
- MARBLE PAINTING - cut a piece of paper to fit in the bottom of a shoe box. Squirt some color on it, drop in 2 marbles. Close lid tightly (use a rubber band!) and shake. Remove lid. Admire art. Repeat.
- PAPER MACHE BOWL - cover half a balloon with 4 layers of paper maché and one of white paper. Dry completely between layers. Pop balloon. Remove. Trim edges of paper. Paint or decorate bowl.
- BUBBLE ART - fill a pan with dishsoap, a little water and powdered paint. Use a straw to blow bubbles. Gently press white paper down on the bubbles. Let dry. You may want to do this outside...

OUTSIDE

- MAKE A GIANT BUBBLE BLOWER - cut the end off a plastic bottle, tie a sock over the end. Dip into bubble solution (water & dishsoap) and blow into the top so bubbles form through the sock.
- NATURE SCAVENGER HUNT - download free at www.globalmobilitytrainer.com/lists
- WATER BALLOON FIGHT - need I say more?

projects to do together

THESE FUN PROJECTS REQUIRE ACTIVE ADULT PREPARATION OR INVOLVEMENT



■ BAKE A CAKE - plan, shop, bake, decorate, share, enjoy.

■ SEW SOMETHING - sewsimplehome.com has good beginner tutorials.

■ TIE DYE A T-SHIRT - get all supplies & read the directions

■ GO ON A TREASURE HUNT - either have older children design and place clues (text or photos) or you do it. Kids can be occupied for a long time with good preparation. A picnic basket makes a great treasure (indoors or outside).

■ GO ON A VIRTUAL VACATION - let each family member choose a country and help prepare the trip. See ideas on separate page. Download printable passport on www.globalmobilitytrainer.com/lists

■ THEME WEEK - pick a theme, for a day/week do themed crafts, food, activities, music.

■ CHALLENGE - everyone chooses a discipline (sport, games, ...), everyone plays. Keep score until the end of summer.



go on a virtual vacation

- ☐ RESEARCH DESTINATION
- ☐ TRAVEL THERE - E.G. DRIVE AROUND THE BLOCK
- ☐ DRESS ACCORDING TO CLIMATE
- ☐ SERVE LOCAL DRINKS
- ☐ GO SIGHTSEEING - VIRTUALLY OR HANG UP PICTURES
- ☐ TAKE PHOTOS
- ☐ COOK A LOCAL DISH TOGETHER. DONT FORGET DESSERT!
- ☐ LEARN TO SAY HELLO! AND THANK YOU. CALL A FRIEND THAT'S THERE.
- ☐ SLEEP IN A DIFFERENT ROOM/BED/TENT
- ☐ RETURN HOME

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

PRINT, CUT, PLACE IN JAR.

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

PRINT, CUT, PLACE IN JAR.

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

PRINT, CUT, PLACE IN JAR.

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.



Indoor Scavenger Hunt

Collect all of the following items in a bag or basket:

- ☐ A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- ☐ A PAIR OF MATCHING SOCKS
- ☐ PLAYING CARDS
- ☐ A TOY WITH WHEELS
- ☐ SOMETHING VERY SOFT
- ☐ SOMETHING VERY HARD
- ☐ SOMETHING ROUND
- ☐ 4 THINGS THAT ARE RED
- ☐ A TOY SMALLER THAN YOUR THUMB
- ☐ TWO DICE
- ☐ YOUR FAVORITE PEN
- ☐ A BOOK WITH NUMBERS IN IT
- ☐ A BOOK WITH YOUR FAVORITE ANIMAL IN IT
- ☐ 5 LEGO PIECES THAT ARE ALL DIFFERENT (SIZE, SHAPE & COLOR)

Now show me!

Ready for a snack?

Put everything back where it belongs.

Outdoor Scavenger Hunt

Collect all of the following items in a bag or basket:

- ☐ A FLAT ROCK
- ☐ AN INTERESTING STICK/BRANCH
- ☐ A FLOWER
- ☐ SOMETHING BROWN
- ☐ SOMETHING SOFT
- ☐ SOMETHING YELLOW
- ☐ SOMETHING VERY LIGHT
- ☐ SOMETHING THAT SMELLS GOOD
- ☐ 5 DIFFERENT LEAVES
- ☐ A ROCK WITH SPOTS ON IT
- ☐ SOMETHING BLUE
- ☐ 10 BLADES OF GRASS
- ☐ SOMETHING BIGGER THAN YOUR HAND
- ☐ SOMETHING THAT NEEDS SUN TO LIVE

Now show me!
Ready for a snack?
Put everything back where it belongs.