

Boredom Box/Jar



This activity is super easy and super fun.

Instructions:

- Have a look around your home for a shoebox, jar, plastic tub, a cup or anything that you can store your boredom cards in.
- Next use the free printable to cut out the ideas that you like
- If you do not want to print out the list, you could write them on pieces of paper or make up your own list and write them on lollipop sticks
- Fold up the pieces of paper and pop them in your box/jar or tub
- Anytime your child is bored or you are looking for a fun activity you pick out a card from your box/jar/tub and have some fun!

Extension:

- You could decorate your box/jar/tub with stickers, paint or colour it, put gems or pom poms on it to make it personal





Cook something new
Make a puppet out of an old sock
Have a paper airplane contest
Paint with your fingers
Play a board game
Have a dance party
Play Simon Says
Make a sculpture out of tin foil
Have a tea party
Paint rocks
Make a gift for someone
Try some baking
Read a book
Make up a magic trick
Make the craziest face you can
Colour in colouring books
Look for birds
Watch a movie
Scavenger hunt
Look for bugs outside
Blow bubbles
Check out a zoo's live animal camera

Take a family walk in nature
10 minute lego challenge
Make home made play doh
Make a book mark
Play hide and seek
Have a picnic
Play hopscotch
Try tree rubbing
Collect leaves and twigs and make a nature picture
Do a puzzle
Go on a worm hunt
Make an obstacle course
Have a race
Camp indoors
Create a sun catcher
Make biscuits
Build a tower
Play I Spy
Make a smoothie
Get outside
Cloud watching
Tell a joke

Make a comic strip
Cook something you never have before
Make a puppet out of an old sock
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Have a race
Camp indoors
Create a sun catcher
Make biscuits
Build a tower
Play I Spy
Make a smoothie
Get out in the garden
Cloud watching

Make a
fort out of blankets

Draw with
chalk on the sidewalk

Make your bed

Sort through
your clothes and donate
anything which doesn't fit

Cook something
you never have before

Make a
puppet out of an old sock

Listen for
how many types of
bird songs you can hear

Have a
paper airplane contest

Go on a
virtual tour of a famous museum

Watch a
funny animal video