



# Boredom Busting Activity Ideas



Plan a special activity evening for your family.	Make a treasure hunt with at least 10 clues to follow.
Bake cookies, a cake or pie.	Create a special card for a relative or friend.
Go biking, roller blading or scootering	Play catch with a Frisbee, baseball or tail ball.
Play a board game or a card game.	Have a water balloon or squirt gun fight.
Jump rope.	Create a card or piece of art using pressed flowers.
Teach yourself to play musical instrument or practice one that you know how to play.	Make friendship bracelets.
Draw, color or paint a picture.	Go jogging.
Design circus acts and perform them.	Do jigsaw puzzles, crossword puzzles, word searches or mazes.
Make puppets and put on a show.	Whittle a bar of soap or block of wood.



Write a play and perform it.	Make bubble solution and try out different bubble wands or make some out of hangers.
Make a craft out of odds and ends from around the house and yard.	Plant a garden, a pot or make a terrarium.
Knit, crochet or sew something.	Create an obstacle course and run through it.
Learn magic tricks and put on a show.	Learn to braid hair in different ways.
Cut pictures from old magazines and write a story or make a collage.	Make paper airplanes and have a paper airplane race.
Jump on the trampoline.	Practice doing cartwheels and handstands.
Create instruments with bottles, pans and rubber bands and have a performance.	Plan a trip to somewhere you'd like to go some day.
Build a wooden bird house.	Hold a Spelling Bee or a Geography Quiz.
Make homemade paper, gift cards or bookmarks.	Play tag, hide-and-seek, flashlight tag.
Build something with blocks, popsicle sticks or Legos.	Read a book or a magazine.
Make food sculptures using things like pretzels, graham crackers, dried fruit, cream cheese, peanut butter and then eat it.	Make a wind chime or a hanging mobile out of odds-and-ends.
Play a game of charades.	Decorate a special box using odds-and-ends from around the house.



Try on different outfits and accessories.	Create a list of clothes, shoes and accessories that would be ideal to have for the next school year.
Practice drawing your favorite comic strip characters or make your own comic.	Learn origami and create one for each of your family members.
Find interesting facts in magazines or online. Create flashcard questions with five possible answers and play a quiz game.	Create a chalk drawing on the sidewalk or driveway.



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