



# 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.

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