

BOREDOM BUSTERS

There's no such thing as 'I'm bored' when you've got a Boredom Busters jar. Print these boredom buster ideas, glue the ones that work for your family to some card and put into your Boredom Buster jar. You can add and remove ideas whenever you like. Remember to add some chores to the jar to stop boredom from getting *too* fun!

PLAY UNO OR ANOTHER CARD GAME	BAKE SOME BISCUITS OR SCONES	TIDY YOUR BEDROOM
READ A BOOK FOR AT LEAST 10 MINUTES	LOOK AT A PHOTO ALBUM	WRITE IN YOUR JOURNAL
MAKE SOME MUD PIES	DRAW A PICTURE OF YOUR FAVOURITE TOY	TURN THE MUSIC UP LOUD AND DANCE YOUR BOREDOM AWAY
GO FOR A BIKE RIDE	MAKE SOMETHING	PLAY ON THE COMPUTER OR IPAD FOR ½ AN HOUR
TAKE PHOTOS OF YOUR FAVOURITE THINGS	RIDE YOUR SCOOTER OR ROLLER SKATES	CLEAN THE BATHROOM CABINETS
WATCH A MOVIE	FOLD CLOTHES	JUMP ON THE TRAMPOLINE
TIDY YOUR DRAWERS	DRAW ON THE DRIVEWAY WITH CHALK	CALL FOR A FRIEND TO COME OVER

GO TO THE PARK	WATER THE GARDEN	INTERVIEW YOUR SISTER OR BROTHER
PLAY 'SCHOOLS'	PLAY DRESS-UPS	FIND 5 OF YOUR TOYS TO GIVE TO CHARITY
DUST THE LIVING ROOMS	MAKE AN OBSTACLE COURSE OUTSIDE	WRITE A LETTER TO YOUR GRANDPARENTS
PRINT OUT SOME COLOURING PAGES AND COLOUR IN	PLAY DODGE BALL	GO ON A SCAVENGER HUNT
GO FOR A WALK	WATCH TELEVISION FOR ½ AN HOUR	SET THE TABLE READY FOR LUNCH / DINNER
CREATE SOMETHING CRAFTY USING RECYCLABLES	MAKE YOUR TEACHER A 'JUST BECAUSE' CARD	BUILD A LITTLE VILLAGE OUT OF LEGO

Print out this label and glue to the front of your jar.

Print this label and glue to the lid of your jar.

