

“I’m Bored”

Ideas to Curb Boredom

Children's minds have been kidnapped by social media algorithms and endless instant gratification. Teach them to embrace their boredom with these ideas!

Indoor

Literature

- ☐ Read a book
- ☐ Write a story
- ☐ Write a letter to a friend
- ☐ Make up a play
- ☐ Research your family tree

Entertainment

- ☐ Watch a movie
- ☐ Play a board game
- ☐ Learn some magic tricks
- ☐ Play marbles
- ☐ Make some puppets and put on a show

Art

- ☐ Draw
- ☐ Paint
- ☐ Learn origami
- ☐ Do a collage
- ☐ Create your own comic strip

Get Crafty

- ☐ Build a fort
- ☐ Bake something
- ☐ Make your own board game
- ☐ Make friendship bracelets
- ☐ Make playdough
- ☐ Do a puzzle
- ☐ Make a mini town with lego blocks
- ☐ Make paper mache

Move

- ☐ Make up a dance
- ☐ Play balloon volleyball

Outdoor

Build

- ☐ Build a cubby
- ☐ Make mudpies
- ☐ Make a sandcastle

Play

- ☐ Play tiggy
- ☐ Play hide-and-seek
- ☐ Have a water fight
- ☐ Fly a kite
- ☐ Skip rope
- ☐ Play hopscotch
- ☐ Jump on the trampoline
- ☐ Play elastics
- ☐ Make a magic potion

Adventure

- ☐ Go on a nature hunt
- ☐ Play with bubbles
- ☐ Collect bugs
- ☐ Hide something and make a treasure map
- ☐ Go to the park
- ☐ Chalk drawing on pavement
- ☐ Have a picnic

Sports

- ☐ Go for a bike ride
- ☐ Play basketball
- ☐ Make an obstacle course
- ☐ Play frisbee
- ☐ Play football
- ☐ Have an egg-and-spoon race

