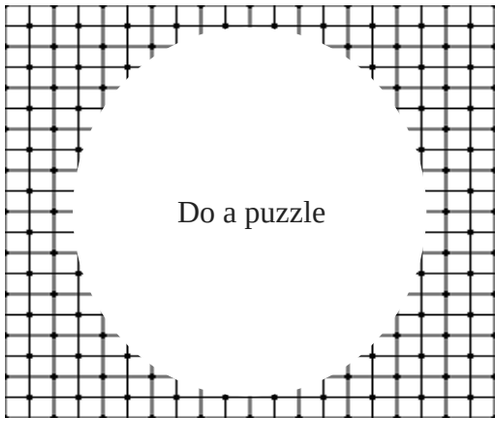
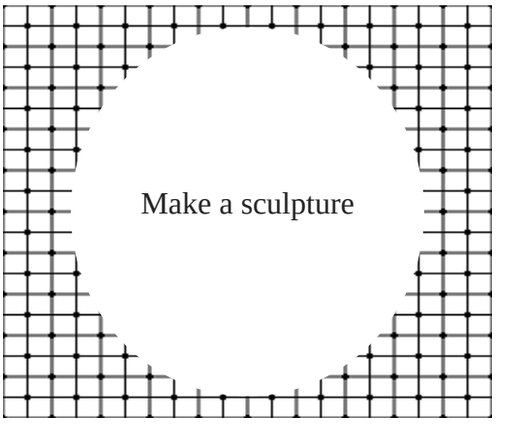
# I’M BORED!

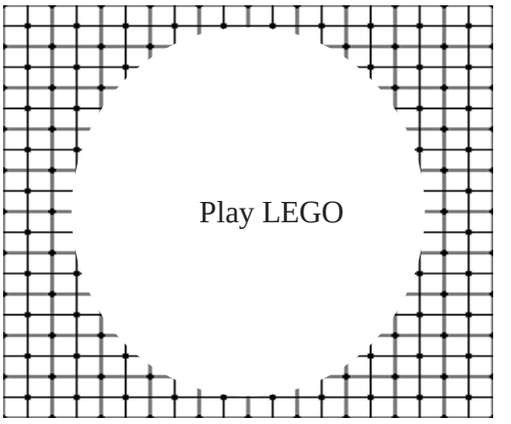
# 100 activities for bored kids

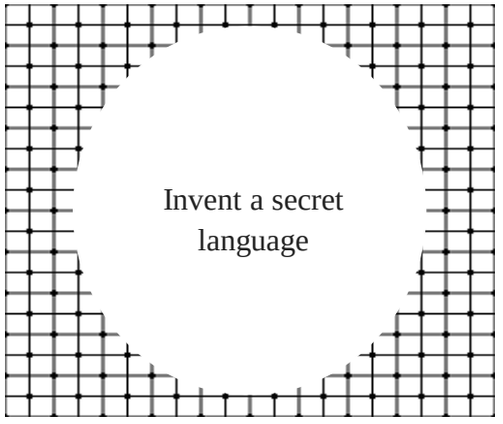
**How to use these cards**

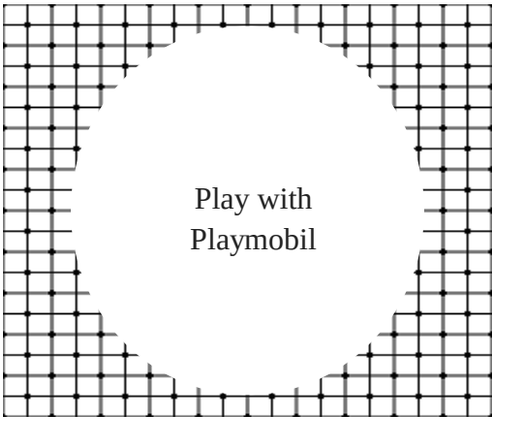
- Print these activities
- Place the printed papers in a jar (like a mason jar) or in a box.
- Place the jar where your child can access it easily. Whenever they are bored, they can pick an activity to do.

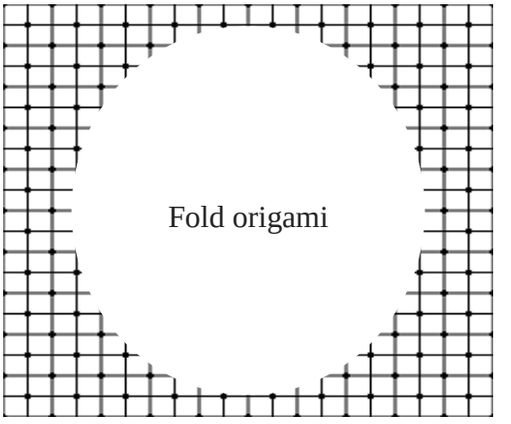

Do a puzzle

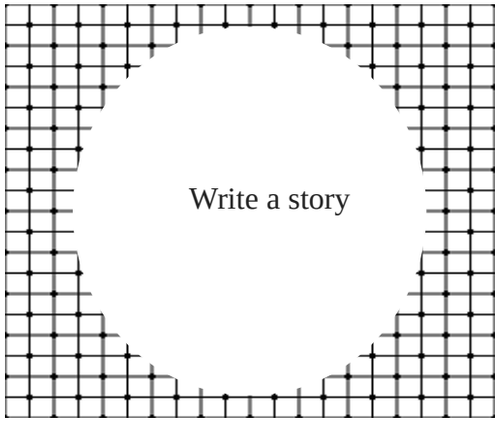

Make a sculpture

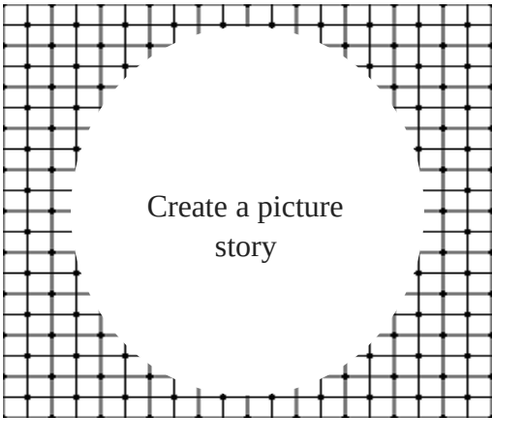

Play LEGO


Invent a secret language

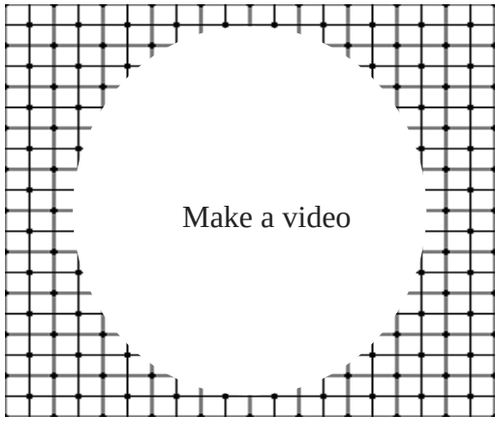

Play with Playmobil

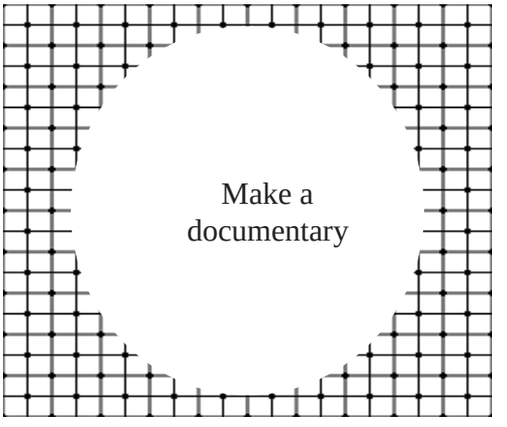

Fold origami

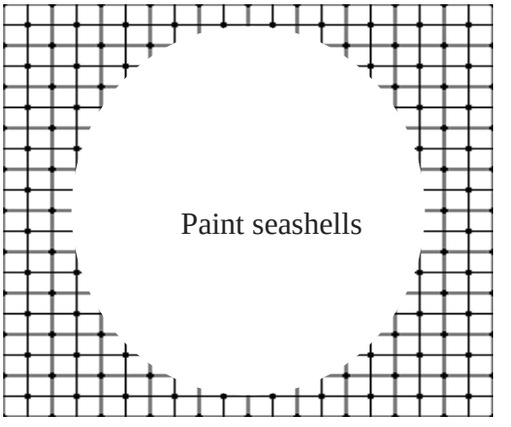

Write a story


Create a picture story

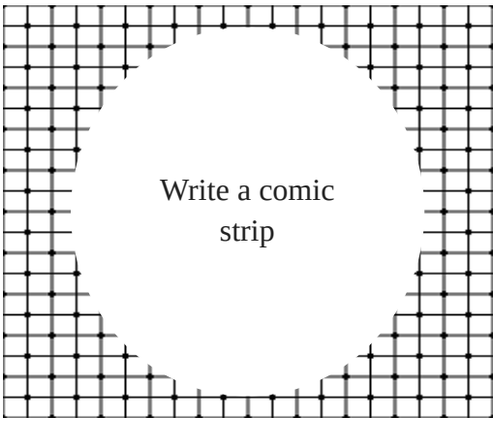
Be a reporter for a day

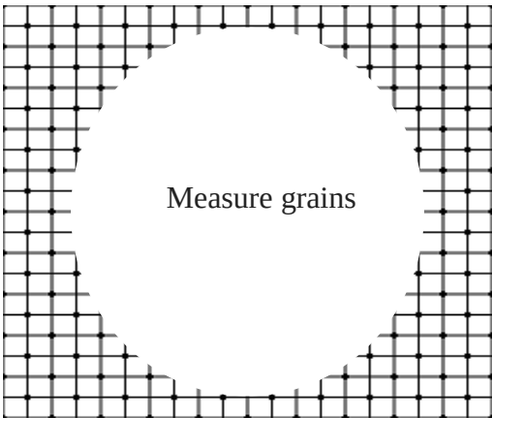

Make a video

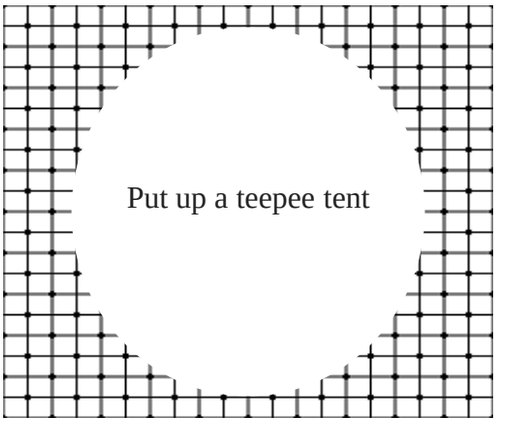

Make a documentary

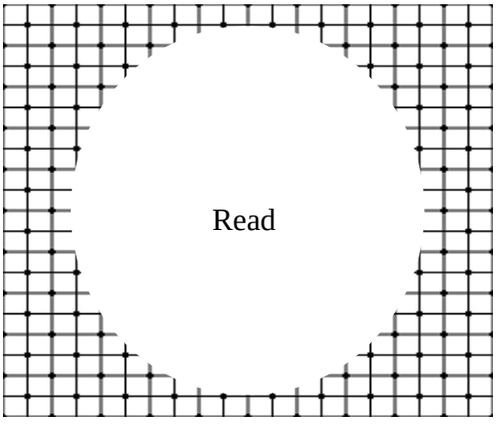

Paint seashells

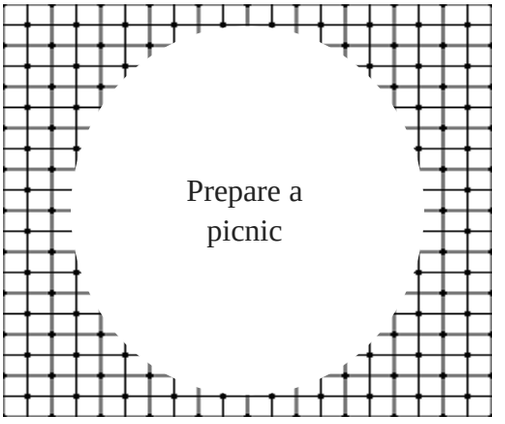
| | | |
|---|---|---|
| Use a Bug Catcher | Learn a magic trick | Plant a garden |
| Color a Mandala | Plan a meal that doesn't need cooking | Prepare a meal that doesn't need cooking |
| Grab your "I'm bored resources" | Do a nature count | Create something using recycled material |
| Take a picture of insects in your environment | Pick and dry leaves | Make a rainbow |

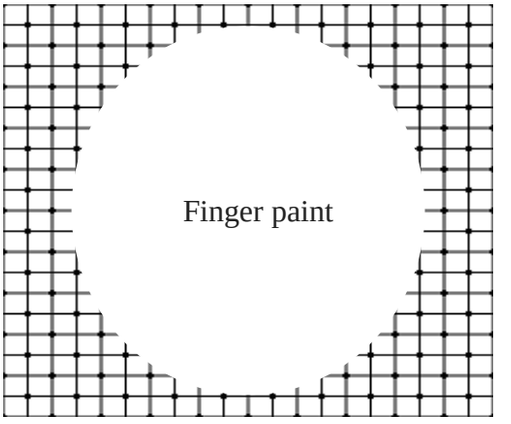

Write a comic strip

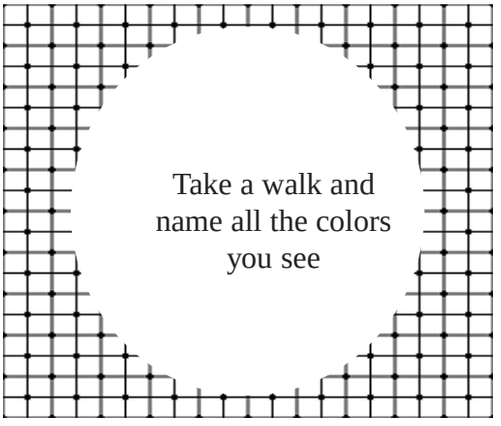

Measure grains

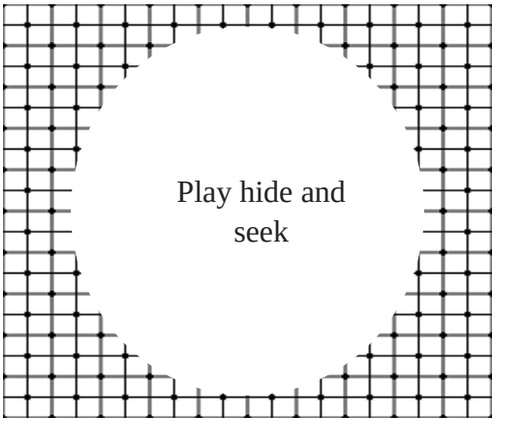

Put up a teepee tent

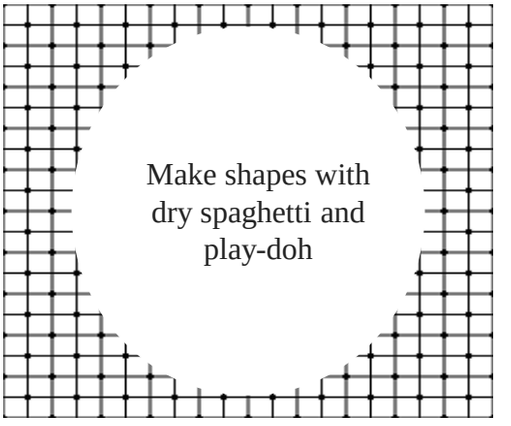

Read

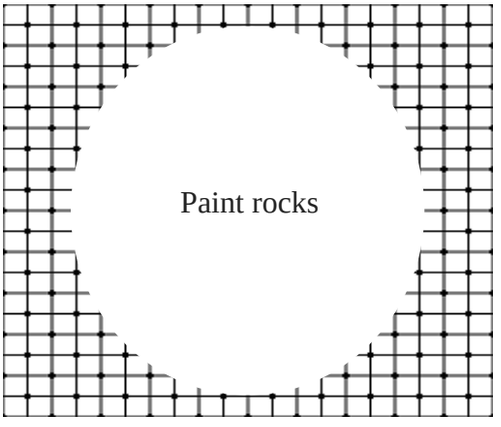

Prepare a picnic

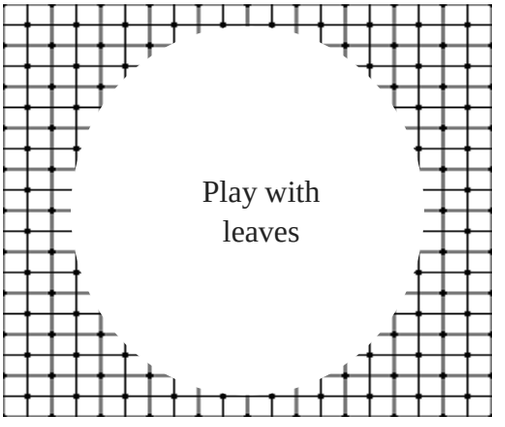

Finger paint

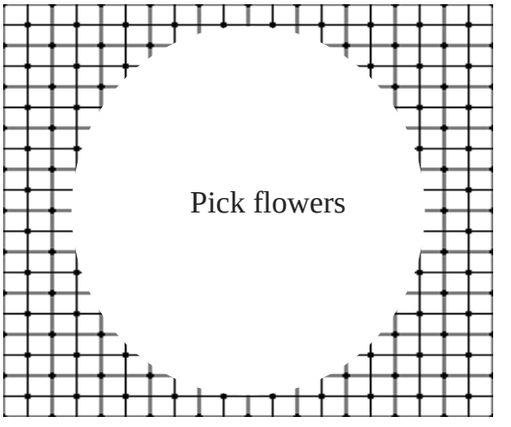

Take a walk and name all the colors you see


Play hide and seek

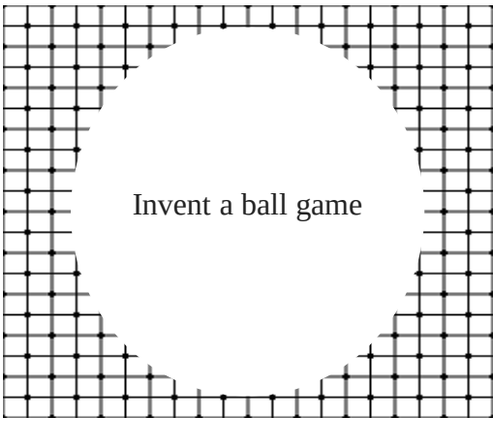

Make shapes with dry spaghetti and play-doh

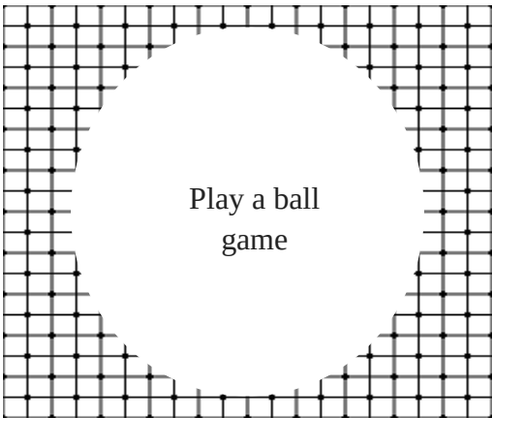

Paint rocks

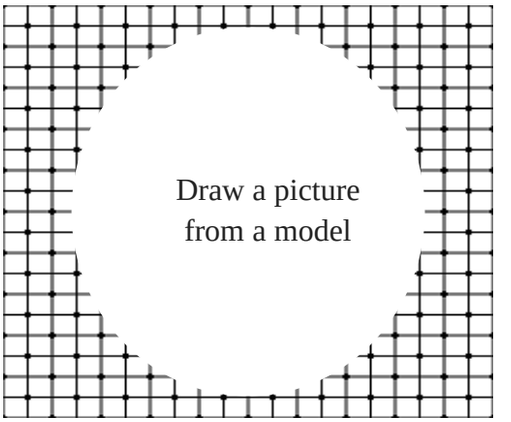

Play with leaves

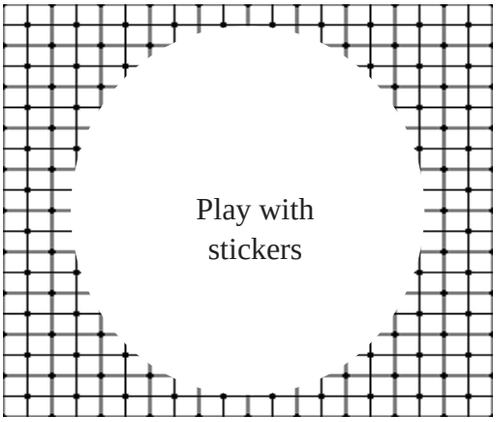

Pick flowers

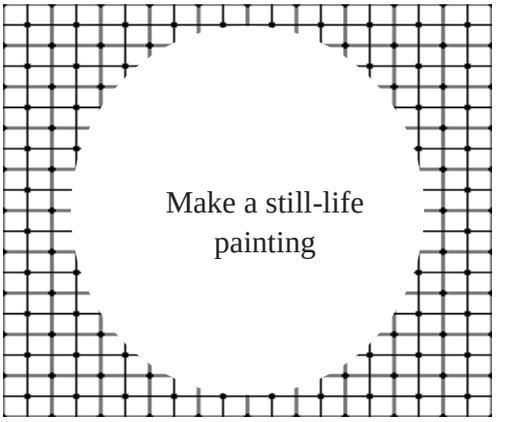
| | | |
|---|---|---|
| Put up a tent using recycled carton | Play “I-spy” | Do an exercise that requires concentration |
| Color | Invent a board game | Explore using a magnifying glass |
| Play a board game | Make a costume | Make ice lollies |
| Make a monster from recycled items | Record a song | Make leaf prints |

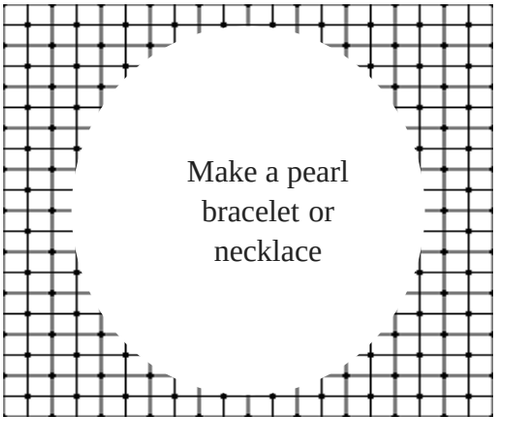

Invent a ball game

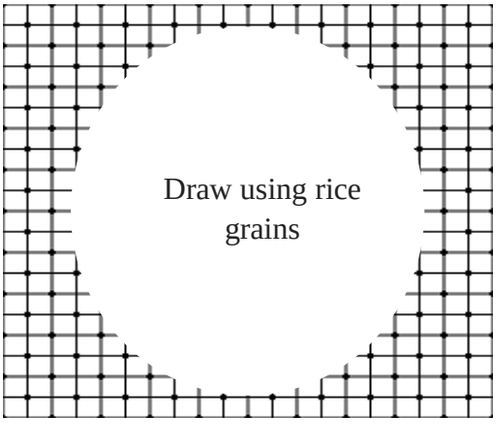

Play a ball game

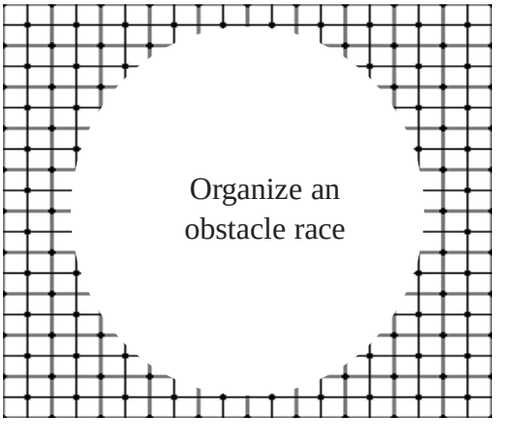

Draw a picture from a model


Play with stickers

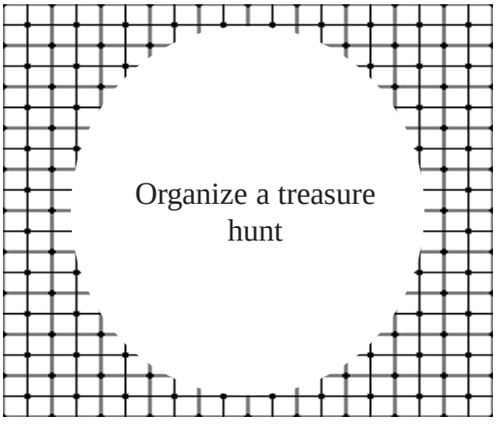

Make a still-life painting

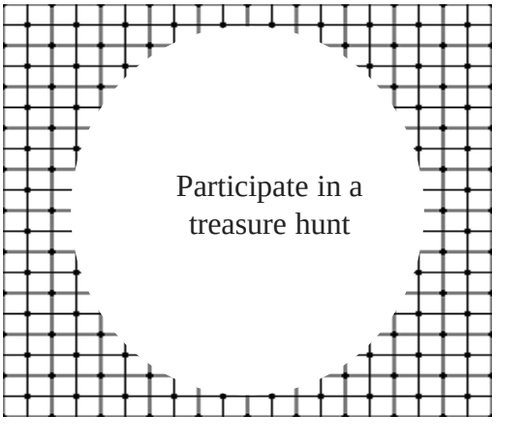

Make a pearl bracelet or necklace

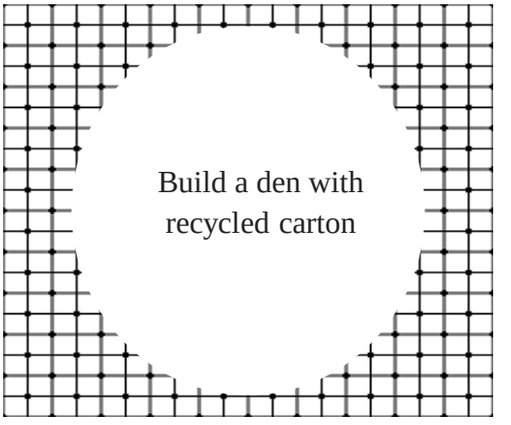

Draw using rice grains


Organize an obstacle race

Use Google Maps to find favorite places


Organize a treasure hunt


Participate in a treasure hunt


Build a den with recycled carton

| | | |
|---|---|---|
| Make a string phone using paper cups | Make a robot from recycled items | Try the “does an orange float or sink” experiment |
| Play inside a cardboard box | Start a collection | Participate in a scavenger hunt |
| Pretend you’re an explorer | Do a craft activity | Make a card game |
| Draw a picture of the house’s exterior | Make a kite | Make fruit skewers |

Come up with a dance choreography

Prepare a skit

Prepare for a show

Use a globe to find five countries in each continent

Search the Internet to find out how people from a different culture live

Make homemade bubble solutions

Make sandwiches for lunch

Write a poem

Make a mask

Find the capital cities of 10 countries and memorize them

Draw a portrait

Draw an imaginary planet

| | | |
|---|---|---|
| Create a pretend restaurant | Make a lemonade stand | Make up a song |
| Organize a family night | Design and build a house using recycled materials | Come up with a puppet show |
| Disguise yourself | Invent a scent | Do a crossword |
| Speak “in rhymes” for the next 20 minutes | Learn how to create something from Youtube | Invent the next episode of your favorite program |

Turn recycled water bottles into bowling pins

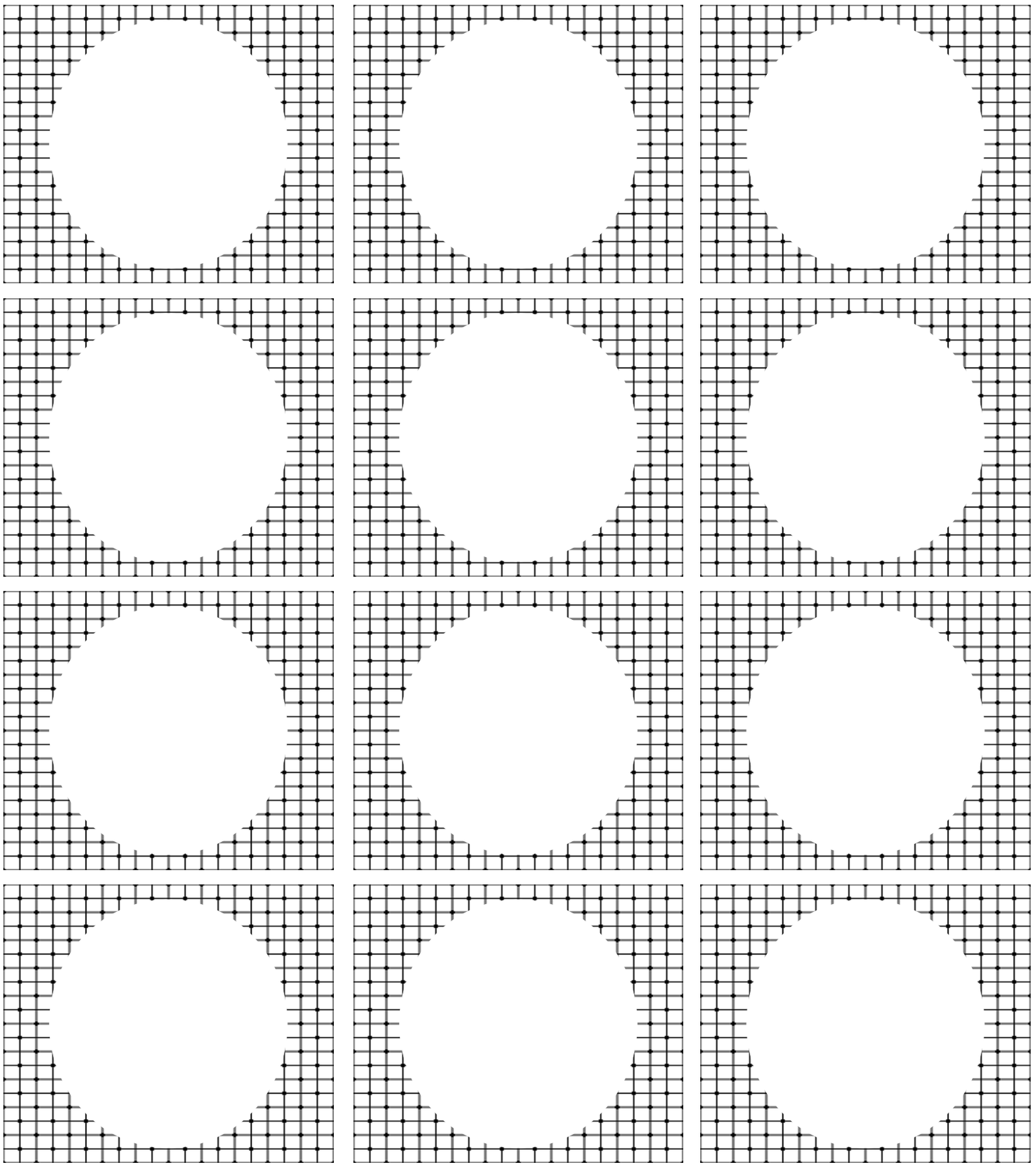
Make a postcard

Make an animal using paper rolls

Do a paper collage using recycled paper

Cut out shapes from old magazines

Grow butterflies

Play Simon says

# EMPTY CARDS