

Boredom Buster Jar

Following you will find some ideas for screen-free activities that children can do themselves. The ideas are not in any particular order. Your child might want to include some of these in his/her **Boredom Buster Jar**. And it might be fun to sit together and identify additional ideas that your child might find more fun than what is listed!



Self-Reflection/Awareness and Learning New Things:

Write down ten things you love about each person in your family and share your list with them.

Write down qualities you look for in a friend. Write down what makes you a good friend. (Discuss with a friend or family member).

Write down your interests and what you would like to learn more about.

Make a journal and start writing in it.

Cut out pictures from magazines and make a collage or vision board.

Write the story of your life (including some of your most memorable moments).

Learn what a ditty, limerick and haiku are then write some ditties, limericks or a haiku.

Learn to bake, and make dessert.

Draw a picture of a deserted island with all the things you would want on it.

Thinking of Others:

Write your Grandparents a letter.

Give the dog a bath or brush the dog.

Offer to wash the car.

Make a birthday card for the next person you know who is having a birthday.

Surprise your mom and/or dad by making lunch or dinner.

Paint some rocks or place inspirational words on rocks and spread them throughout the community for others to find.

Create a motivational and/or inspirational calendar for yourself and/or to give to someone as a gift.

Do something kind for someone, in secret.

Memorize a poem and recite it for your parents.

Read to your siblings.

Learn how to make friendship bracelets, make some to give to your friends (when social distancing is over).

Make and fill a bird feeder.

Create a family newspaper/newsletter.

Just for Fun:

Make a book of jokes.

Make an obstacle course in your hall with yarn and tape.

Build a fort with blankets and pillows.

Cut out paper dolls and costumes for them.

Get a magnet and make a list of everything in your house that is magnetized.

Get a ruler and measure things in your house, recording their length.

Put on some music and dance.

Become a choreographer – create a dance to share and do with your friends (when social distancing is over).

Learn a tongue twister.

Find shapes in the clouds.

Make paper airplanes, decorate them and fly them.

See how many times you can dribble the basketball.

Cut a guitar out of cardboard and add rubber band strings.

Play air guitar to music.

Paint a picture.

Plan a treasure hunt, with clues (to implement when social distancing is over).
Ride your bike or long board.
Make a scene in a cardboard box of the ocean or a jungle.
Use boxes to build a castle.
Organize your room.
Write a story. Draw an illustration.
Create a play with costumes.
Make paper bag puppets or sock puppets.
Make a zoo for your stuffed animals.
Make and decorate a calendar for the summer months, with important dates marked.
Put juice and cut-up fruit into ice cube trays to make ice cubes.
Start a collection (leaves, rocks, or buttons) and make a museum display.
Hang a clothesline in your room and clip photos to it to make an art display.
Learn a new card game.
Make a sculpture from pretzels and peanut butter then eat your masterpiece.
Make an obstacle course.
Bowl in your hallway with soda bottles or toilet paper tubes.
Decorate an old tee-shirt with cool buttons & fabric pens.
Learn how to make rock candy.
Plant a terrarium.
Decorate a rock and make a house to keep it as a pet.
Use old cardboard tubes and boxes to build a marble maze.
Make "funky junk" art out of old costume jewelry.
Read a book or read a magazine.
Make snow globes or calming jars with glycerin and glitter.
Make slime.
Blindfold your sibling and take them on a tour of your house and yard, then trade places.
Play a board game.
Make a mini-garden, make a fairy house for your garden.
Cut out a crown, tape into a circle to fit your head and decorate it.
Create your own board game.
See if you can draw a picture with your foot.
Plant some seeds.
Make a windsock.
Make a flag.
Paint your fingernails and/or toenails.
Make a curving line of dominoes and knock the first one so they fall down in a row.
Weed the garden or rake the yard.
Make puppets with old socks, buttons and markers.
Make a list of fun things you can do without a grownup.
Use pipe cleaners to make animals or make an indoor ring toss game.
Glue popsicle sticks together to make picture frames, decorate.
Paint rocks (to put in your garden or keep in your room).
Make bean bags or hacky sacks.
Draw on the sidewalk with chalk.
Play hopscotch.
Blow bubbles.

