



100 BOREDOM BUSTERS

1. Play "Freeze"
2. Blow bubbles/ create your own bubble wands
3. Create a pass-the-parcel with silly 'dares' and actions to do in between each layer
4. Colour-in
5. Try kids-yoga (available online)
6. Camp indoors or make a fort/ cubby
7. Read a book
8. Act out a book
9. Play 'Keep the Balloon up'
10. Make a sock puppet
11. Bake something
12. Learn to sew/ knit or try making your own jewellery
13. Play a board game
14. Watch a favourite movie/ cartoon on mute and make up the dialogue
15. Have a Tea Party
16. Write a poem
17. Make animal masks
18. Do a puzzle
19. Write to your grandparents
20. Have a photo shoot
21. Make a handmade gift to give someone
22. Make play dough sculptures
23. Play I Spy
24. Play dress ups
25. Learn a new board game
26. Play handball
27. Make paper airplanes and create a target to hang from a doorway to fly the plane through
28. Go hiking/jogging
29. Make stamps out of potatoes
30. Create a treasure hunt complete with treasure map
31. Have a water gun fight
32. Climb trees
33. Wash cars
34. Learn/ play card games
35. Create a house of cards
36. Photo challenge/ scavenger hunt (ideas available online)
37. Play in the dirt
38. Have a mini Olympics
39. Camp outdoors
40. Play Lego, google '30-Day Lego Challenge' for ideas
41. Create your own song
42. Learn dance moves from a YouTube tutorial
43. Make your own salt dough (play-doh) and create animals/ your own sculptures
44. Paint rocks
45. Have a relay race
46. Plan and cook dinner for the family (with some help from an adult)
47. Build a bird feeder
48. Create your own comic book
49. Use sidewalk chalk to draw/ play hopscotch etc
50. Play Hide and Seek
51. Try to find objects in clouds
52. Get in the Garden (weeding/ planting)
53. Go bird watching
54. Take on a Puzzle or Wordfind
55. Build a backyard shelter/cubby
56. Write and illustrate a story
57. Create a frisbee golf course in the backyard
58. Make/ Fly a kite
59. Make a stop motion video
60. Write down 5 things you are grateful for
61. Build a mini volcano
62. Teach your dog new tricks
63. Try copying a famous artwork
64. Call/ video chat a friend/ relative
65. Build a rubber band helicopter
66. Listen to Music
67. Learn the lyrics of a song/ put on a performance for the family
68. Learn how to make traditional lemonade
69. Draw your dream house
70. Draw pictures/write positive notes to drop in letterboxes
71. Create a dream catcher
72. Have a costume party with your family
73. Go on an alphabet scavenger hunt in your house finding items in order starting with the letter 'A'
74. Start a journal
75. 'Interview' a family member and find out all about them (Mum/ Dad/ Grandparent etc)
76. Play 'Charades'
77. Create an obstacle course
78. One word - 'Karaoke'
79. Put on your PJ's, make popcorn and watch a movie
80. Create a puppet theatre out of an old box
81. Make puppets to put on a puppet show
82. Learn some magic tricks
83. Make some Origami animals
84. Make slime
85. Get Crafty
86. Draw a self-portrait
87. Have a sack race or three-legged race with your family members
88. Create your own Domino masterpiece to knockdown
89. Make a friendship bracelet to give to a friend
90. Make up a superhero and create your own costume
91. Have a pillow fight
92. Make your own gift cards and wrapping paper
93. Pick up fallen leaves from your backyard and draw faces on them to create 'leaf characters'
94. Make a paper mâché sculpture or your own piñata
95. Make your own juggling balls and learn to juggle
96. Learn old school games like elastics and marbles
97. Try learning a new language
98. Wash the dog
99. Put on a fashion parade
100. Create a time-capsule and bury it in your garden