

50 Suggestions To Combat "I'm Bored"

Make a mini town with Lego	Run under the sprinkler	Set up an obstacle course in the backyard	Draw	Go swimming
Play a board game	Make up a dance	Visit friends	Go to the park	Go plane spotting
Go to the waterfront and share some hot chips	Visit the library	Lay in the backyard and cloud watch	Be a bowerbird and see how many interesting things you can collect outdoors	Set up a craft station
Start a holiday journal	Make a short movie	Go for a bike ride	Do a jigsaw puzzle	Make a fairy garden
Write postcards to friends	Do a giant colouring in	Paint	Bake something	Make a treasure box for all your precious things
Blow bubbles	Fly a kite	Read a book	Watch a movie	Do a chalk drawing on the driveway or footpath
Listen to music	Phone a friend or grandparent for a chat	Paint your fingernails	Learn a magic trick	Build a cubby under the dining room table
Skip	Play at a friend's house	Jump on the trampoline	Hide something and then make a treasure map for someone to find it	Make a magic potion (with water & flower petals etc.)
Make a friendship bracelet	Scooter	Blow up a balloon and time how long you can keep it up in the air for	Play with playdough	Dress up as your favourite character
Make a paper chain and decorate your room	Learn a simple origami	Set up the tent in the backyard for a sleep out	Cut out pictures from magazines and make a collage of your favourites	Hula hoop and time how long you can go for