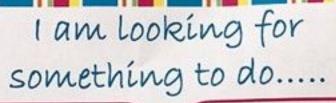
## When Your Child Says "I'm Bored!"



## With an adult:

Cook something

Do a science experiment

Play a board or card game

Paint a picture

Build something with clay

Take a nature walk

Build something with wood

Try a new craft

Make a DIY personal care

product

Make a vision board

Do a Read Aloud

Do a challenging puzzle

Work in a challenging puzzle book

Learn something new on an instrument

## on my own:

Build a Lego challenge

Play a board or card game

Write a story

Draw a picture

Read a book

Make an obstacle course

Do a puzzle (jigsaw)

Work in a puzzle book

Work in code.org

Find something in nature

and draw it

Listen to music

Play an instrument

Build a fort

Practice a sport

Make your own magazine

Write a letter to a soldier