


When Your Child Says “I’m Bored!”



I am looking for
something to do.....

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

