

"I'M BORED" JAR

IMAGINATION ADVENTURES

✂ Cut out the label and glue or tape it to your jar.



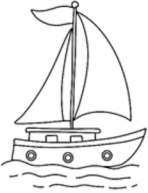
HOW TO CREATE AN "I'M BORED" JAR

- 1 Find an empty jar. Print the imagination prompts and label. Tape or glue the label to your jar. Cut the imagination prompts into slips and fill the jar.
- 2 Keep the jar where you see it often (e.g., dinner table, desk, etc.)
- 3 Any time you are bored, challenge yourself to complete an imagination prompt. Even if you choose a type of activity you normally don't do, give it a try. You never know; you might find a new way to entertain yourself!

Whenever you're feeling bored, pick a piece of paper from the jar, read it, and choose an imagination adventure!

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IMAGINATION ADVENTURES



What if your bed was a boat?

Use recycled cardboard to transform your bed into a boat.

Then, imagine you are sailing the seas.

Where will you go, and what will you discover?



What if your yard turned into quicksand?

Create an obstacle course to get around the yard without falling into the quicksand. Time yourself to see how fast you can travel from one end of the yard to the next. Can you do it in slow motion?



What if you were preparing to go to space?

Use cardboard to build a space shuttle and pack a bag with everything you might need in space. Then, when you're ready, blast off. What happens next? Where will your adventure take you?



What if you were a chef?

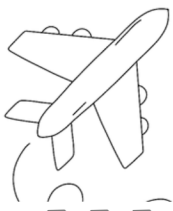
Take out the pots and pans, and cook an imaginary feast. What will you make? Mix up a big imaginary meal and serve it on plates.

Who will you dine with? How does it taste?



What if you were a rockstar?

Grab a brush for your microphone and practise singing along to your favourite tunes. Once you've memorized the songs, record them or perform them live for friends and family.



What if you could fly?

Use cardboard to build an aeroplane. Then, board your aircraft and imagine you are the pilot flying to a faraway place. Where will you land? What will you discover there?



What if you were the size of an ant?

Imagine you have shrunk to the size of an ant.
Move around your yard or home just like an ant would.
How does the world look and feel from an ant's point of view?



What if you built your own city?

Use building blocks or Lego® to build a city.
What kind of stores and things will happen in your city?
Who lives in your city, and what do they do there?



What if you had your own store?

Set up your own pretend store with real or imaginary items.
What will your store sell? Be sure to price each item and
use pretend cash to sell your goods.



What if you were a cave explorer?

Use the couch cushions, pillows, and blankets to create a cave.
Then, use a flashlight to explore this secret underground
place. What will you discover there?



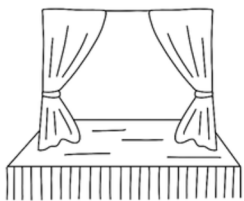
What if you were an animal rescuer?

Gather bandages, towels, and pretend medicine to set up an animal
rescue. Then, treat each of your stuffed animals for injuries. What
types of animals will come to your rescue? How will you help them?



What if you hosted a fancy picnic?

Set up your own indoor or outdoor picnic with a blanket,
plates and mugs. Invite your dolls or stuffed animals as guests.
Remember to use your best manners as you serve your guests.



What if you owned your own theatre?

Plan a play or a puppet show. Write the story,
create costumes and props and practise until it's just right.
Then, perform the show for friends or family.

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Big Life Journal

FAMOUS FAILURES KIT

Ages 5-10

Your child will discover real-life, motivational stories and related activities that will inspire them to learn from their mistakes, try new things, and keep pushing forward, even when things get tough.

"My students thought it was awesome. They enjoyed reading about successful people who saw failure as a step needed to be taken. I want them to see that mistakes are learning moments and this hopefully will show them that we all need to fail to succeed. Thanks"

- Phoebe F.



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