

# Does your child say “I AM BORED!”

Recently during my research for new and interesting activities for my subject I came across a website called “Big Life”.

I found the information and handouts helpful and informative for both SEL (Social and Emotional Learning) classes and for parents at home. I would have loved this one below when my children were younger and they couldn't find anything to do other than screen activities, which they were only allowed for a certain amount of time over the week. All I would hear is 'l'm bored!!'. So have a look at this handout below – 100 things to do when they say 'l' m bored'. Cross off each one as you go until all 100 have been completed.

Use it as a challenge. I hope this might help you survive the holidays!! 😊



# 100 Things for Your Child to Do When They're Bored



1. Build a fort using blankets and furniture.
2. Create a scrapbook with old photos.
3. Have a picnic in the backyard.
4. Learn a new card game and play it with a friend.
5. Try out a new recipe and bake cookies together.
6. Make your own jewelry.
7. Set up a treasure hunt with clues.
8. Write and illustrate a story or comic book.
9. Start a nature journal to document plants & animals.
10. Explore your neighborhood with a nature walk.
11. Build a bird feeder and observe birds.
12. Create an obstacle course using household items.
13. Make homemade playdough or slime.
14. Plant a small garden or care for potted plants.
15. Have a dance party and learn new dance moves.
16. Try out different art techniques.
17. Start a collection of rocks, shells, stamps, or stickers.
18. Have a karaoke session and sing your favorite songs.
19. Practice origami and make paper animals or shapes.
20. Put on a puppet show with handmade puppets.
21. Listen to the Big Life Kids podcast.
22. Write letters to send to family or friends.
23. Have a DIY fashion show with dress-up clothes.
24. Create a science experiment using things at home.
25. Build a model with clay or building blocks.
26. Play an instrument or learn to play a new one.
27. Make paper airplanes and see how far they fly.
28. Have a tea party with stuffed animals or dolls.
29. Create a family photo album or collage.
30. Have a themed movie night.
31. Practice yoga together.
32. Decorate t-shirts or hats with fabric markers.
33. Host a neighborhood clean-up or charity project.
34. Learn magic tricks and perform a magic show.
35. Make homemade popsicles or ice cream.
36. Create a time capsule.
37. Paint rocks or shells with vibrant colors and patterns.
38. Build a miniature city with boxes and craft supplies.
39. Play dress-up and act out a favorite story or movie.
40. Take turns telling stories with your friends or family.
41. Learn a new skill like knitting, crocheting, or sewing.
42. Play with water balloons or have a balloon fight.
43. Set up a lemonade stand.
44. Learn about constellations and stargaze at night.
45. Set up an art studio outdoors and paint or draw landscapes, nature, or still life scenes.
46. Organize a talent show.
47. Have a spa day with face masks and calm activities.
48. Create a family tree or genealogy project.
49. Build a miniature boat and float it in a bathtub.
50. Set up a photo booth and take funny pictures.
51. Write and perform a puppet show or play.
52. Make a scrapbook of favorite quotes or words.
53. Find a pen pal and write them a snail letter.
54. Create a vision board of your dreams.
55. Write in your Big Life Journal.
56. Make a time-lapse video of the sunrise or sunset.
57. Set up different science experiments.
58. Make homemade bath bombs and face masks.
59. Create a mini-golf course using household objects.
60. Practice juggling.
61. Go outside and paint or draw from observation.
62. Take turns adding to a collective story.
63. Make homemade musical instruments.
64. Could you create a family newsletter?
65. Experiment with different hairstyles.
66. Build a marble run using household items.
67. Have a bubble-blowing contest.
68. Practice deep breathing or guided meditation.
69. Create and decorate an "About Me" poster.
70. Write and perform a play or skit.
71. Organize a backyard camping adventure.
72. Make a treasure chest and bury it in the backyard.
73. Design and build a cardboard city or castle.
74. Have a family talent show.
75. Create a DIY board game with handmade cards.
76. Take pictures around the neighborhood.
77. Play hide-and-seek or a game of sardines.
78. Build a birdhouse and observe birds.
79. Paint a family mural together.
80. Write kindness notes to family and friends.
81. Organize a neighborhood sports tournament.
82. Come up with a business idea and business plan.
83. Create a stop-motion animation using toys or clay.
84. Play a classic game like tag or Simon Says.
85. Have a DIY fashion show with recycled materials.
86. Create a family band and perform songs together.
87. Set up a mini-garden or terrarium with small plants.
88. Make your own board game from scratch.
89. Practice yoga or stretching exercises together.
90. Create a family newspaper.
91. Have a themed day where everyone dresses up and acts like characters from a favorite book or movie.
92. Build a model volcano and watch it explode.
93. Could you set up an art exhibition?
94. Play a strategy game like chess or checkers.
95. Create a family manifesto.
96. Set up a photography scavenger hunt.
97. Make homemade instruments and perform.
98. Have a DIY pizza-making session.
99. Create a family vision board.
100. Create a family recipe book with favorite recipes.