# Boredom Busters

## Age Specific Ideas

### Young Children (3 to 5 years old): Create a Boredom Bin

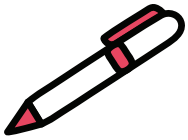




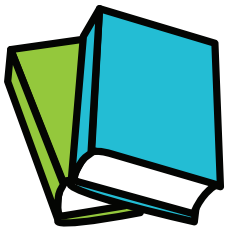
- Add items that can be used for creative play that they don't typically play with.
- Include items that can be used to build or create things, make noise or have multiple uses, such as:
  - Foam or wood blocks
  - Mini figurines – people, animals, vehicles
  - Cardboard boxes or tubes
  - Old kitchen gear – pots and pans, measuring cups, wooden spoons, etc.

**Note:** Make sure all the items in the bin are safe for a child their age to play with independently.

### Elementary-Age Children: Create a Boredom Jar







With your children, write down on small strips of paper some activity ideas they can do independently. Fold the papers and put them into a jar.

If they're struggling to get started with unstructured play, have them pull one paper out of the jar to get started. Some ideas to get you started could include:

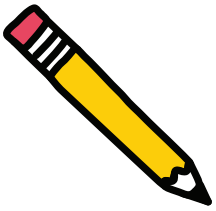
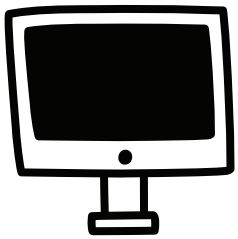
- Make a fort out of blankets and pillows
- Draw a picture of their favorite _____.
- Build an obstacle course (for themselves or their toys)
- Have a dance party
- Build a city out of household items for their favorite toy
- Write a letter or draw a picture for a grandparent, friend, cousin, etc.
- Come up with a different ending to one of their favorite stories

## Tweens and Teens: Create a List

Encourage tweens and teens to create a running list in a notebook or on their phone, tablet or laptop of topics and projects they find interesting, such as:

- A new skill they want to practice
- Learning about a place/country they'd like to visit
- A long-term goal like:
  - Learning a new language
  - Drawing or painting with chalk art, colored pencils or watercolors
  - Dribbling with their off-hand, kicking with their off-foot, improving jumping or speed
  - Learning computer programming (this is different from playing games or passively watching)
  - Creating a new dance routine
  - Writing music or playing an instrument

When they're bored, they can look at their list and pick one they'd like to try. If they're resistant, have them set a timer for 30 minutes.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