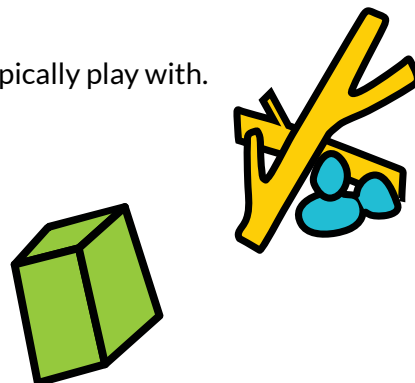


# Boredom Busters

## 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
  - Toy cars
  - Small cardboard boxes
  - Wooden dowel rods



Make sure that 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. When they aren't able to get started with unstructured play, get the jar out and have them pull one paper out to get started. Here are some ideas:

- Make a fort
- Draw a picture of their favorite \_\_\_\_\_.
- Build an obstacle course (for themselves or their toys)
- Have a tea party
- Build a city out of household items for their dolls/figurines
- Write a letter to a grandparent, friend, cousin, etc.
- Read a favorite book



## Tweens and Teens: Create a List

Help tweens and teens create a running list on their phone 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

