

Boredom Busters

Indoor

- Colour a picture
- Play a board game
- Read a book
- Paint a picture
- Watch a movie
- Create or go on a scavenger hunt
- Make a fort
- Build with Legos or blocks
- Make a treasure hunt
- Play keep it up with a balloon
- Make a healthy snack
- Write a letter
- Puzzle time
- Play 20 questions
- Draw a self portrait
- Play hide and seek
- Do a crossword
- Indoor campout
- Play i-spy
- Play musical chairs
- Bake something with an adult's help
- Write a card for someone
- Have an indoor picnic
- Dance party
- Make salt dough
- Play with play dough

Outdoor

- Ride a bike
- Play with water
- Draw with chalk
- Go on a bug hunt
- Spray bottle water fight
- Make a picnic
- Go for a nature walk
- Create an outside obstacle
- Create or go on a scavenger hunt
- Collect different leaves
- Play hopscotch
- Play catch
- Skipping
- Play with a frisbee
- Bubbles
- Play with water balloons
- Play limbo
- Play with hula hoops
- Make a mud kitchen
- Build an outside fort
- Plant a vegie garden
- Make bottle rockets
- Stargazing
- Create chalk paint and paint with it
- Go on a nature walk
- Pick flowers

