

Create a Bored Box

Sit down with your kids to come up with every play activity you can think of. Write each activity in one of the boxes provided, cut along the lines, fold them in half and put them in a box. Whenever you hear "I'm bored!"—point them to the box for inspiration.

We've come up with some activity suggestions for you to start with:

Kick a ball outside	Jump on the trampoline	Play Lego
Use only 12 Lego blocks and 4 wheels to make a vehicle	Play with playdough	Make a fort
Have a dance party	Make an obstacle course	Create a race track for the toy cars
Clean your room	Chalk drawing outside	Read a book
Draw something	Paint rocks	Write a letter to someone
Do a puzzle	Feed the birds	Play dress up
Jump rope	Try to do a handstand	Ride your bike for 30 minutes
Drink a glass of water	Play hopscotch	Finger painting
Draw with your left hand		