

Boredom Bag

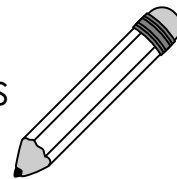
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Grades: 3+

Subject: Family Fun

Group: 1+

Materials: scissors, bag, additional materials for activities



Procedure:

1. Print and cut out the squares. You can use color paper to make it more fun.
2. Fold each individual square in half.
3. Put the folded squares in a bag.
4. Each day that boredom hits, grab one square out of the bag without looking and do that activity!

Sometimes weather or other special circumstances prevent you from being able to do the activity. Just grab a new square and then put the first one back in the bag for another day.



Modifications:

Any Age Child: Blank squares are provided so you can write in your own activities. Think of things your child/family likes to do that you don't already do very often. Ask your child/family for ideas. You will probably want to set some guidelines regarding cost or time requirements when you get ideas from your child/family.



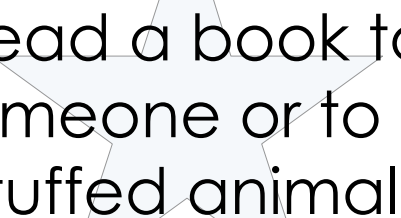
Draw outside with
sidewalk chalk.

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Put on some fun
music and dance.

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Read a book to
someone or to a
stuffed animal.

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Use blankets and
pillows to make a
fort.

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Go on a walk or a
bike ride.

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Put a puzzle
together.

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Look at old pictures
or photo books.
Thank God for the
happy memories.

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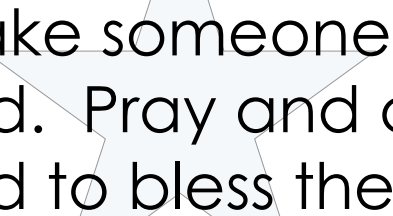
Create a new snack
with ingredients you
already have.

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Do a craft or draw a picture.

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Make someone a card. Pray and ask God to bless them.

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Go to the library.

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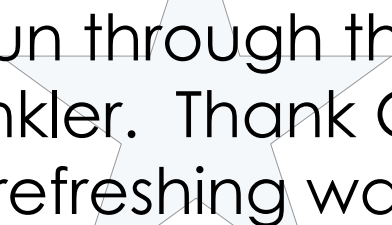
Play a board game.

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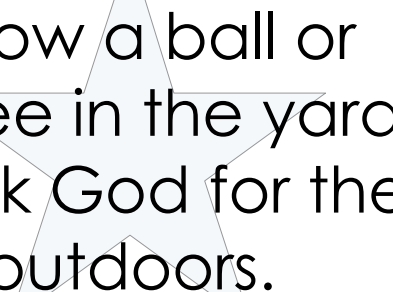
Have a picnic in the yard or at a park. Thank God for the outdoors.

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Run through the sprinkler. Thank God for refreshing water.

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Throw a ball or Frisbee in the yard. Thank God for the outdoors.

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Bake some cookies for someone else. Pray and ask God to bless them.

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Make a paper flower bouquet for someone else. Pray and ask God to bless them.

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Create your own board game with a pizza box, markers, and toys you already have.

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Play a game on the computer.

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Explore your yard. Take digital pictures of all the different insects and animals you can find. Then see if you can identify them all. Thank God for the insects and animals.

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Use puppets, stuffed animals, or socks to put on a puppet show.

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Sit in a shady spot in your yard with a paper and pencil. Watch for birds and write down the different types you see. Thank God for making all the birds.

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Write a letter to someone you miss. Draw them a picture, too. Pray and ask God to bless them.

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Make your own mini-golf course to play inside or out! Use plastic cups as the holes, a small ball, and a wrapping paper tube for a club.

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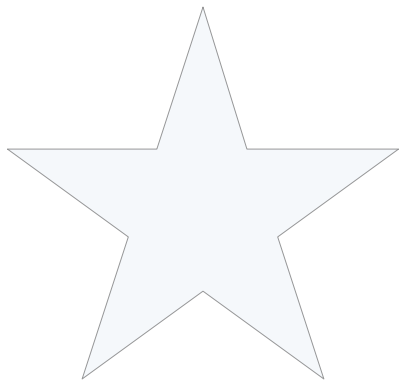
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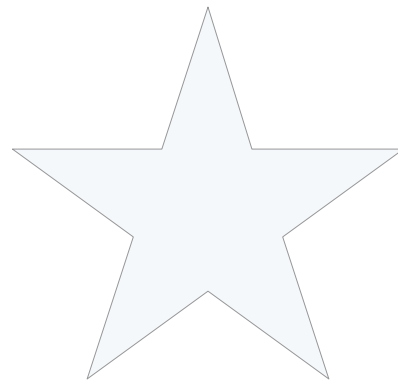
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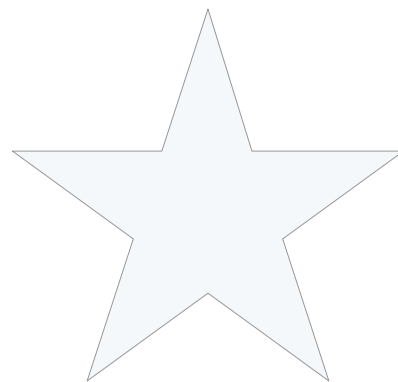
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