

Boredom Buster Activity Jar

Print this page and cut it up. Fold each activity and place them in a jar. When you need a boredom buster pick out an activity at random and BOOM! Boredom Busted!



Play i-spy

Have a dance party

Build a puzzle

Go on a walk

Visit a friend

Climb a tree

Play a new sport

Watch a movie

Write a story

Play soccer

Build a marble run

Make a friendship
bracelet

Pretend the floor is
lava

Read a book

Play charades

Do some chores

Make a comic book

Ride your bike

Play thumb wars

Go to the park

Build an indoor fort

Make a milkshake

Clean your room

Sharpen your pencils

Go on a backyard bug
hunt

Learn to say 'hello' in 5
languages

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