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When

I am

Bored

Ideas to get kiddos
creative and
moving

Sometimes it can seem like you're bored, but there is no reason to be → there are
LOTS of things to do!

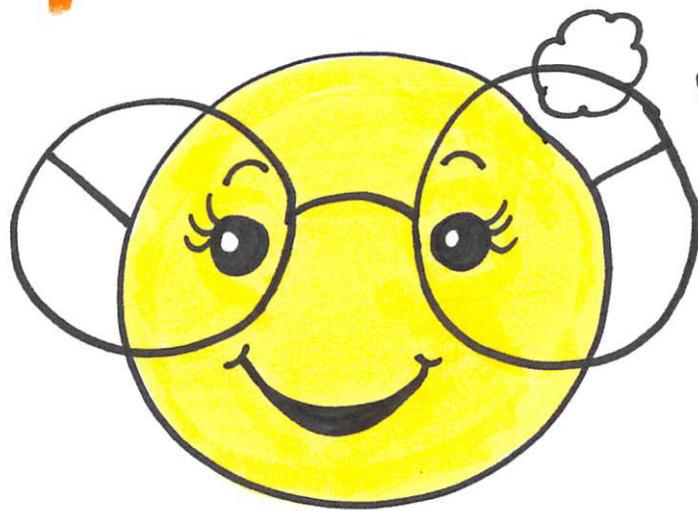


If you have an **imagination**, you will never be bored!

Your imagination can take you anywhere!!

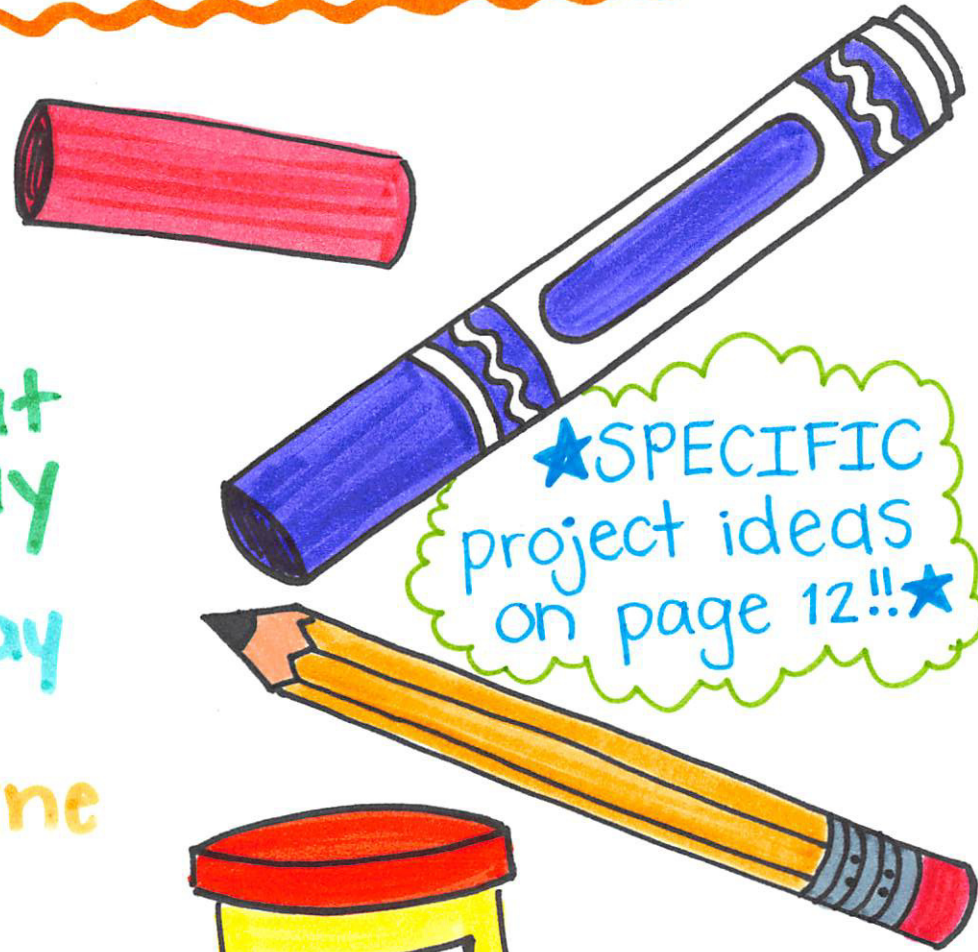
If you are having a hard time thinking of things to do, ideas are headed your way → just

Keep reading



Get Creative!!

- Draw a picture
- Paint a picture
- Make a sculpture out of play dough or clay
- Chalk on your driveway or sidewalk
- Look up a craft online and make it
- use household items to create an art sculpture
- Build something



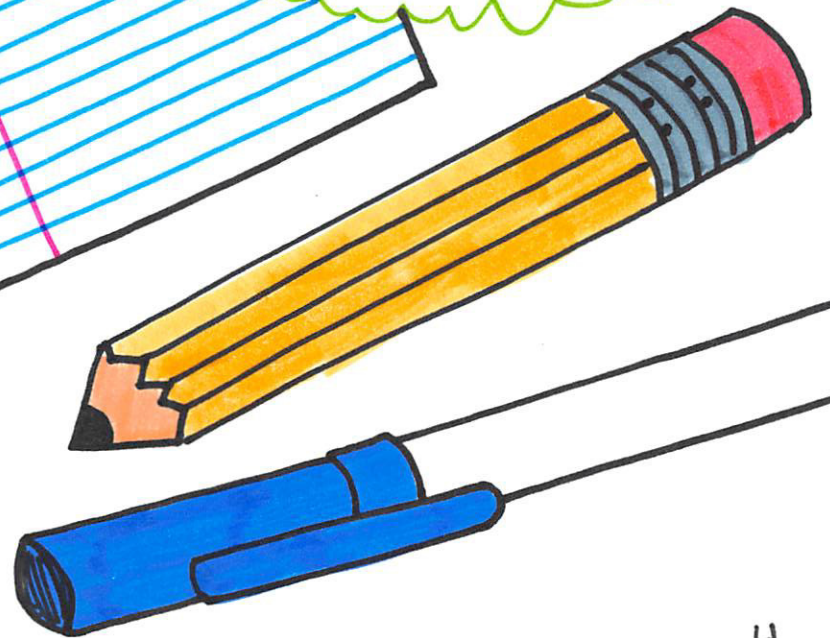
★SPECIFIC project ideas on page 12!!★

Get Writing!!

- Write a short story
- Write a long story
- Write a play
- Write a poem
- Write a journal entry
- Write a description of what you see
- Write a "how to" about something you are an expert in



★ SPECIFIC
writing project
ideas on page
13!! ★



Get Reading!!

- Read a book out loud to someone in your house
- Read a book to a friend over video chat
- Re-read a favorite book or book series
- Ask someone in your house to read to you
- Go for a walk and read all of the words you see
- Read to a pet



(There is always reading for schoolwork, too 😊)

Get Moving!!

- Jumping jacks
- Sit-ups/crunches
- Run/walk/skip/jog
- Hopscotch
- Jump Rope
- Yoga
- Dance party!
- Obstacle course
- Ride a bicycle
- Hop on one foot
- Walk like different animals
- Walk a pet
- Push-ups



Get Cleaning!!

- Pick up your room
- Fold some laundry
- Do the dishes
- Vacuum
- Dust
- Sweep
- Pick up toys around the house
- Take out the trash
- Wash some windows
- Wipe off counters
- Mop



Get Investigating!!

What are you interested in?

Do some research on that topic and become an expert!!

Then, Share what you've learned with others!!



Let me tell you
all about sea
turtles!!

Get Outside!!

There are SO many things to do outside!

Investigate Bugs



Compare Plants



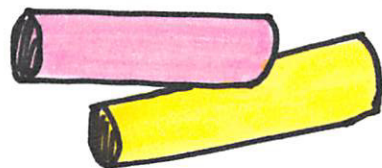
Play Tag



You're it!!

Play Hide and seek

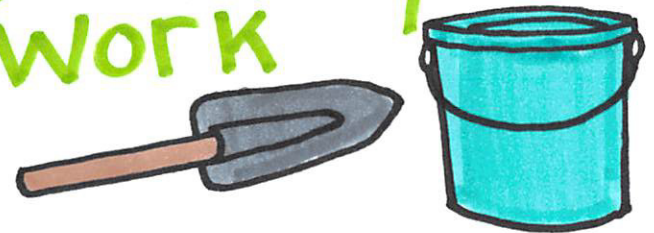
Chalk on a driveway or sidewalk



Lay down and look at clouds



Do some yard-work



Pick a bouquet of dandelions



Get Smarter!!

Read about something you don't know anything about!

Watch something educational on T.V. or the computer! (with parent permission, of course!!)

Observe something in your environment and record what you see!

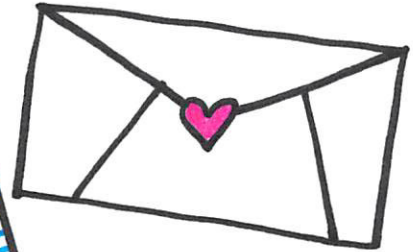
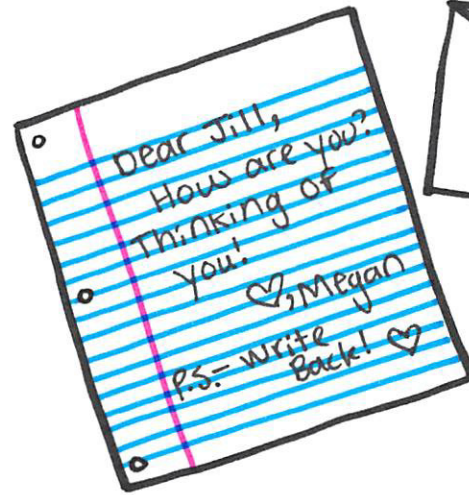
Listen to a book about something new to you! (You can ask someone to read to you!)

Work on any optional tasks your teacher assigns!

Get More Kind!!

Do something Kind for
Someone else!

- Draw a picture or write a letter and mail it



- Call Someone on the phone

- Chalk a kind message on someone's driveway

- Ask a parent how you can help around the house

- Smile at others

hope
you have
a great day!



Specific Ideas to Get Creative:

- Make a mobile to hang from the ceiling
- use toilet paper tubes to create insects or animals
- Paint the view from a window
- Draw your family members
- Make a room of your house out of play dough/clay
- Chalk a rainbow on your driveway
- Build a diorama of any room in your house

Specific Ideas to Get Writing!!!

- Write a new ending to your favorite story
- Write a play about a king in a land far away
- Write a poem about your favorite season of the year
- Write a story about little gnomes getting into mischief
- Write an acrostic poem with the letters of your name
- Write a letter to a famous person you wish you could meet
- Write a history of your life

