



Motherista  
*Be the mom you want to be*

## Fun ways to use this *mega* list!

Print out the list and post it on the fridge or a bulletin board so it's handy when kids say "I'm bored!"

Go through the list together and have kids circle or highlight their top 10-20 favorite ideas. Then focus on trying those activities first.

Randomly pick 5-10 ideas from the list and place them in a "Bored Jar." When kids are bored, have them pull one out to try.

Help kids make their own boredom bucket list by going through and checking off activities they want to try.

Assign each family member 2-3 activity ideas to be "in charge" of initiating when boredom strikes.

Use a whiteboard to brainstorm and add new ideas to the master list over time.

Sort ideas by indoor/outdoor, by season, by individual interests so you can quickly pivot.

Introduce one new idea every week or month to build up your family's go-to boredom-busting activities.

Schedule a monthly "Family Fun Day" to try activities from the list that need more time.

Keep the list handy on an iPad or phone so it's always accessible when you're on the go.

The key is to be prepared and have a plan so you can quickly refer to activity ideas the moment your child says the dreaded "I'm bored!" words.

## More tips for to do when kids are bored

- For outdoor activities like biking, playing basketball, soccer, etc - encourage kids to invent new games and variations on traditional rules to keep it engaging. Have them set up obstacle courses or circuits to get creative.
- For art and craft projects - provide a variety of supplies like paper, cardboard, paint, crayons, glue, tape, markers, fabric scraps, pipe cleaners, googly eyes, etc. Let kids combine materials in new ways to promote creativity.

- For building activities like Legos, fort building, and cardboard creations - challenge them to engineer structures to perform specific functions like a castle, spaceship, or hideout. Provide props for dramatic play.
- For science experiments - involve kids in the scientific process by having them come up with hypotheses before testing. Talk through observations and results afterwards.
- For cooking projects - teach basic kitchen skills and safety. Let kids help choose recipes that interest them. Supervise closely but have them do mixing, measuring, decorating.
- Categorize the activities by type - arts & crafts, science, games, etc. Then you can quickly pivot to the relevant section based on your child's interests.
- Note which activities require minimal prep/supplies vs. more involved planning, so you have quick go-to options.
- Indicate age-appropriateness for each idea so you can easily select for younger vs older kids.
- Designate activities for rainy days, hot summer days, snow days, etc so you have options tailored for the weather.
- Share the master list with other parents for playdate inspiration and ideas to swap.
- Allow kids to cross off activities as they complete them and cultivate a sense of accomplishment.
- Set goals for trying a certain number of new activities within a particular timeframe.
- Take photos of kids engaged in the activities and compile into an album or boredom jar documenting your adventures.
- Have kids rate activities when completed and note their favorites to repeat in the future.
- Incorporate activities into your family's morning routine, travel games, restaurant entertainment etc.
- Reference the list when planning upcoming events, vacations, holidays to integrate activities.

## 120 *screen-free* activities to do when kids are bored!

- Go on a nature walk or hike
- Ride bikes around the neighborhood
- Visit a playground and play on the equipment
- Have a dance party
- Play basketball or soccer in the yard
- Make up new games with balls, frisbees, jump ropes etc.
- Break out board games and puzzles
- Build with Legos, blocks, Magna-Tiles etc.
- Play dress up and put on performances
- Cook or bake something together
- Do science experiments

- Have a coloring contest
- Make homemade play dough and sculpt it
- Construct paper airplanes and have contests
- Learn origami and make paper animals
- Design and build a fort or cardboard castle
- Put on a talent show or magic show
- Make up stories and record them
- Start a band and put on a concert
- Create an obstacle course
- Make slime or oobleck (corn starch + water)
- Have a water balloon toss or slip n slide
- Play hide and seek
- Create a scavenger hunt
- Set up sprinklers or water toys outside
- Wash toys like cars or action figures
- Film silly videos or TikTok dances
- Paint/draw pictures and art projects
- Make greeting cards and gifts for family/friends
- Start a garden by planting seeds
- Pull weeds or pick flowers in the yard
- Collect rocks, sticks, leaves for DIY projects
- Play restaurant by taking turns cooking and serving food
- Build a blanket, pillow, cushion fort
- Create a book nook/reading space and read books in it
- Have a silly face making contest
- Play with shaving cream sensory bins
- Look through family photo albums together
- Do Mad Libs together
- Make homemade musical instruments
- Research a topic they're curious about
- Look up how to videos and learn new skills
- Find pen pals by mail or online to exchange letters
- Put on a puppet show
- Dye hair crazy colors with washable hair dye
- Make homemade bubbles with different recipes
- Make paper airplanes and decorate them
- Cloud watch and point out different shapes
- Play charades or Pictionary
- Make vision boards from magazine cut outs
- Decorate their bedroom or doors

- Rearrange bedroom furniture
- Have a backwards day where you wear clothes backwards
- Make up and perform a dance
- See who can stack the most solo cups
- Play freeze dance
- Make a board game or modify an existing game
- Build a marble run out of cardboard tubes
- Make homemade face masks
- Decorate old t-shirts with fabric markers and glitter
- Have a competition to see who can clean their room the fastest
- Make papier mache sculptures
- Create an indoor minigolf course
- Make a time capsule
- Make up trivia games and quizzes for each other
- Tell jokes and riddles
- Paint/decorate flower pots and plant seeds in them
- Make sidewalk art with chalk paint and brushes
- Do a photo scavenger hunt
- Play 20 Questions
- Make fruit kabobs or fun snacks
- Listen to kid-friendly podcasts together
- Do yoga poses together
- Make an indoor campsite with tents and sleeping bags
- Play Would You Rather questions game
- Sort through old toys to donate ones you've outgrown
- Make dreamcatchers with yarn, sticks, beads
- Draw with sidewalk chalk on paper or the driveway
- Play hopscotch with chalk outside
- Make animal tracks with chalk outside
- Make an at-home "museum" to display their creations
- Create treasure hunts for each other to solve
- Make sock puppets and record puppet shows
- Have a mini Olympic Games in the yard
- Make up imaginary worlds, towns, animals etc
- Start a journal or diary
- Create paper bag or sock hand puppets
- Make paper bag vests and costumes for dramatic play
- Hold a carnival day in the backyard with games
- Make edible mud pies with crushed Oreos and pudding
- Create vision boards from magazine cut outs

- Make bird feeders to hang outside from pine cones etc
- Play Concentration/Memory card game
- Make beaded jewelry and accessories
- Create an obstacle course in the house or yard
- Make mini golf courses indoors or out
- Make picture frames from popsicle sticks or clay
- Play with flashlights in a homemade tent or fort
- Create unique musical instruments from household items
- Race paper cup sailboats in a tub or pool
- Play with finger paints
- Have a teddy bear picnic
- Make homemade stickers
- Create paper bag puppets
- Make a twig tent or tepee in the yard
- Play restaurant with play food and menus
- Set up a face painting station
- Make a nature mosaic from leaves/rocks/flowers
- Make shadow puppets using hands and flashlight
- Start a nature journal to record observations outside
- Make pinecone bird feeders with peanut butter
- Create an art gallery in your home for their masterpieces
- Make pom poms and fiber art sculptures
- Create a back porch carnival with games and activities
- Make homemade bowling set with bottles and ball
- Play hair salon by styling each other's hair
- Make rain sticks from paper towel tubes and rice
- Create vision boards by gluing inspiring pictures
- Make fairy gardens in flower pots with mini items
- Paint rocks with designs to make paperweights