

100 Things to Do When Your Kids Say “I’m Bored!”

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Cut out the following activities and keep in your activities jar for children to choose from when they are looking for something fun to do.

Have an indoor campout: Use or borrow a pop tent (make sure it’s one that doesn’t have to be pegged into soil). Fill a cooler with drinks. String white Christmas lights around the room to create stars for the midnight sky. Set out sleeping bags, pillows and flashlights and tell spooky stories.

Make homemade playdough: 1). In a sauce pan add 2 cups water, 4 teaspoons oil, add food coloring if desired. 2). In the same sauce pan add 2 cups flour, 1 cup salt, 2 teaspoons alum. 3). Cook over medium heat stirring constantly until non-sticky. 4). Let cool on wax paper. 5). Store in zip-top baggie in fridge until ready to use.

Paint the Sistine Chapel ceiling: Let your children pretend they are Michelangelo. Tape butcher paper under the dining room table, spread newspapers across the floor and let children paint their own “Sistine chapel ceiling.” Washable paints works best as it is easy to clean up children and their clothing.

Make your own list: Sit down with your children and help them make a list of all the things they can do when they are bored. Make an Activity Jar and put this list inside for them to choose from.

Play with rice: Using a plastic storage container, filled halfway with uncooked rice (or wheat) and add kitchen utensils, cars, small toys. Place container onto kitchen floor on top of a vinyl tablecloth for easy cleanup.

Make coffee can stilts: Turn 2 coffee cans upside down so plastic lids are on bottom. Pour water inside can to fill halfway and freeze. Poke a hole on each both sides of each can using a hammer and nail. Melt ice and thread rope through holes in each can and tie off.

Listen to books on CD: Check out books on tape from your local library.

Go on a candy hunt: Let the kids select some favorite candy or snacks to hide around the house for others to find. When all the candy/snacks have been found, spread out a blanket and let them eat their treasures.

Print a newspaper: Write newspaper articles for a pretend newspaper and distribute to family members.

Make a bird feeder: Using a two-liter plastic soda bottle, cut a large hole in the center of the bottle large enough for birds to get inside. Attach a string around the neck of the bottle. Make two small holes below the opening and push a branch through the holes for the birds to perch on. Place bird seed on the floor of the bottle and hang from a tree branch.

Play games with chalk: Use sidewalk chalk to write encouraging messages around the neighborhood or play one of the games featured on the following link from familyfun.com: <http://familyfun.go.com/games/indoor-outdoor-games/feature/ff0306-chalk-it-up-games/ff0306-chalk-it-up-games.html>

Cloud watching: Lay in the grass and watch the clouds (this works except for rainy days! LOL but seriously most kids now a days do not know the pure simplicity and fun of cloud watching!)

Play in the rain: On rainy days, let kids play in the rain. Dance, enjoy, and jump in mud puddles.

Play softball, basketball, kickball, or soccer.

Play freeze tag.

Blow bubbles: See who could blow the biggest one.

Go for a bike ride: Around the neighborhood or to the park, be sure to use helmets.

Run through sprinklers: Or have a water hose battle.

Jump rope.

Read a book.

Play a board game.

Rollerblade: Be sure to remember safety helmet and pads.

Go swimming: If kids don't know how to swim, take swimming lessons.

Play Sardines (reverse hide-n-seek): One child hides while everyone else seeks. When a seeker finds the hider, instead of pointing him out he joins him in the hiding place. Soon, the children will all be stuffed in one place, like a box of sardines! The first child to find the hider gets to hide next.

Have a scavenger hunt: Make a list of 10 things children might find outside (such as yellow, green, or orange leaves, sticks in the shape of a letter, a certain colored flower, and so forth).

Create a backyard golf course: Let your children use their imaginations to create a backyard gold course. Some ideas are to use tin cans with both ends removed, paper cups for the holes, sand for sand traps, and anything else their imagination can create.

Assemble an art box: Add construction paper, yarn, buttons, pom-poms, glitter, glue, scissors, drawing paper, markers, and so forth. Allow your children the freedom to create.

Play Frisbee.

Create a treasure map: If you have more than one child, they can each hide a treasure somewhere in the yard and draw a map showing where to go, starting from the door and ending at the treasure. They exchange maps with someone else after they have finished and try to find the treasures.

Put on a play for Dad: Make up a skit or click on the following link for ready-made plays from pbskids.org:
<http://pbskids.org/zoom/activities/playhouse/>. Practice the play all day and put on for Dad when he gets home.

Collect wild flowers and/or leaves: Use in a project or press them in between books.

Play with Lego's: Keep Lego's stored inside a large plastic storage container. Place container on dining room table, turn on some fun music, and see what you're kids can create.

Learn magic tricks and put on a show: Come up with your own tricks or learn these simple ones online by clicking on the following link from activitytv.com: <http://www.activitytv.com/magic-tricks-for-kids>

Plant flowers: Let kids help even if they're not planting exactly how you'd like them to...make it their special garden.

Name that sound: Using a tape recorder, go for a walk with your children and record sounds from nature. Once the tape is full, listen to and guess what each sound is.

Go to the library: Many libraries will have summer time activities and story hours for children. Find out what your library offers and enjoy some of your own free time while your children are listening to a story.

Dance: Turn on the radio and dance to your favorite tunes.

Family movie night: Pop some popcorn and watch a movie together.

Create a butterfly garden: You can buy caterpillars and/or eggs online.

Build a tent or teepee out of blankets.

Make rock pets: Collect rocks and paint faces on them.

Study ants: Pick one ant out of the group and follow it to see how they act.

Play card games: Solitaire, Uno, Old Maid, Go Fish, Rook, Crazy Eights, Hearts, War, etc.

Let children make lunch for you: Be sure to eat whatever concoction the create (as long as it's edible!)

Play dress up, make up.

Play grocery store.

Build a town or fort out of boxes.

Have a tea party: If you have boys, have a lunch party instead.

Do something nice for a neighbor.

Search for four leaf clovers: Or plant your own clover patch if you don't have any wild clovers.

Go on a picnic.

Go to the beach: If you don't live near a beach then make your own with a little sand, a kiddie pool and some umbrellas.

Play with matchbox cars.

Play dolls.

Have a puppet show: Make sock puppets and use them in your show.

Wash the car.

Bake something: Make cookies or brownies and eat them.

Make a memory box: Decorate a box for keeping memories and treasures together.

Have relay races.

Finger paint.

Stargaze: See who can find the most constellations.

Play flashlight tag at night.

Play hide-n-seek.

Make noodle necklaces.

Take a nap: Throw a blanket outside on the grass and take a nap or read a book.

Make a club house.

Make origami animals: Check out a book on origami at your local library.

Make a book: Let kids make up stories and illustrations.

Play marbles: Play match them up, count them, sort them, or hide them to find (like Easter Eggs). Or have a marble tournament.

Make musical instruments: Go online to find great resources.

Scrapbook.

Jump in leaves: Rake some leaves, jump in pile and bury yourself.

Play hopscotch.

Skateboard: Be sure to use proper safety helmet and pads.

Swing, slide, and/or climb.

Make thumbprint pictures: Create characters by adding features with a pencil, pen, or markers.

Make up a secret code: Write secret messages to friends and family.

Do brain teasers: Sudoku, word search, mazes, and hidden pictures games can be downloaded for free online.

Have a circus: Make your own balance beam or tight rope walk by placing a rope or string on the ground for kids to walk across. House pets can also be used in the circus.

Puzzles: Put together a jigsaw puzzle or make your own.

Learn how to juggle: Stand over a sofa and use tennis balls to learn to juggle.

Have paper airplane races: Make paper airplanes and have races to see whose gets there faster, the farthest, etc.

Make cartoon strips: At the bottom sheet of a pad of paper (starting from the left) draw a stick figure, a box car, animal or anything you want to put into motion. On the next page, draw the figure again with a slightly different pose and positioned a little to the right of the previous page. Repeat this process on each page until you reach the right side of the pad. Now fan the pages with your thumb to watch your character move across the page!

Have potato sack races.

Play outdoor games: Tag, Red Rover, Red Light-Green Light, Hide-n-Seek, Mother May I?, etc.

Play basketball: Or play a game of HORSE.

Make a Frisbee: Use old plastic lids and decorate with markers. Fly your creations when you're done.

Have a restaurant: Prepare a lunch complete with menus and a waiter/waitress.

Make a bug keeper: Using an old plastic spice jar or salt shaker, attach a ribbon around bottle top so kids can hang these around their necks. Use for keeping caterpillars, ladybugs and other interesting things you find in nature.

Make homemade wrapping paper: Using paper grocery bags, cut open and lay flat. Let kids draw or paint on them and use for wrapping gifts.

Swim in bathtub: Let younger kids put on swimsuits and goggles and let them have fun in the bathtub. Be sure to supervise!

Perform a family concert: Teach yourself or children to play a musical instrument such as the recorder, harmonica or guitar. Or create a symphony with bottles and pans and rubber bands.

Build a sandcastle.

Hold your own Olympics: Plan a neighborhood or family Olympics.

Hold a marble tournament.

Finger paint with pudding.

Make a "Feely Box": Use a box that has a lid. Cut a hole in the side of the box large enough for a child's hand to fit inside. Place an object inside the box and see if they can guess what it is. If they can't guess right away, let them ask questions or provide them with clues until they figure it out.

Play flashlight tag.

Experiment with science: Check out a science book from your library and try some experiments.

Hula Hoop.