



# BORED JAR

Print out this list on plain or coloured paper. Cut out the activities, wrap each around a pencil to curl the paper, then place into a jar. Add an interesting label or tag to the jar. Whenever anyone is bored pull out an activity.

READ A BOOK	COOK BISCUITS	PICK FLOWERS	TIDY YOUR ROOM
GO SWIMMING	CALL A FRIEND	MAKE JELLY	LISTEN TO MUSIC
MAKE PIZZA	GO FOR A WALK	LEARN TO SKIP	PLAY WITH LEGO
PAINT ROCKS	HAVE A BATH	CLIMB A TREE	COOK MUFFINS
TIDY YOUR BEDROOM	PLAY A BOARD GAME	WRITE A POEM	RIDE A BIKE
HAVE A BATH	SORT THE LAUNDRY	WATER THE PLANTS	WATCH A MOVIE
MAKE HOT CHOCOLATE	WRITE A LETTER	COOK PANCAKES	HAVE A TEA PARTY
COLOUR IN A BOOK	MAKE A MUSICAL INSTRUMENT	DO A JIGSAW	GO TO A PARK
MAKE A PAPER BOAT	WALK THE DOG	WASH THE CAR	VACUUM THE FLOOR
MAKE FINGER PUPPETS	GO TO A MUSEUM	GROOM THE DOG	MAKE A SOCK PUPPET
PUT UP A TENT	PLAY WITH TOY CARS	DRAW A MAP	LEARN A NEW DANCE MOVE
COOK CUPCAKES	LEARN TO SKATEBOARD	BUILD A FORT	PLAY HOPSCOTCH
MAKE A BIRD FEEDER	WRITE A POEM	WATCH A CARTOON	BUILD A CARD PYRAMID
TALK LIKE A PIRATE	PLANT A BEAN IN A JAR	HAVE A RACE	MAKE A VOLCANO
BLOW BUBBLES	MAKE FRUIT SALAD	DRAW YOUR FAMILY	SORT THE LAUNDRY
MAKE YOUR BED	5 THINGS YOU LOVE	RESEARCH ROMANS	GIVE AWAY 5 TOYS
DESIGN A FAMILY FLAG	CUDDLE MUM	GO TO THE LIBRARY	JUMP 20 TIMES
MAKE A CARD	HAVE A TEA PARTY	CREATE A TREASURE HUNT	MAKE/FLY A PAPER PLANE
MAKE ICE BLOCKS	PAINT A PICTURE	HAVE ICE CREAM	MAKE A BRACELET
DRAW A COMIC	PLAY WITH PLAYDOUGH	MAKE A VIDEO	MAKE/FLY A KITE
COOK POPCORN	GO TO THE BEACH	CLEAN YOUR SHOES	TAKE 5 PHOTOS
SWEEP THE FLOOR	KICK A FOOTBALL	PLAN A DINNER	FIND SHAPES IN CLOUDS
DANCE TO LOUD MUSIC	MAKE A TREASURE HUNT	LEARN TO SEW	WRITE AND ILLUSTRATE A STORY
1 CHORE FOR MUM	WRITE A GROCERY LIST	PLAY HANGMAN	PLANT SEEDS
GO ON A NATURE WALK	TELL A JOKE	BIRD WATCH	DRAW A RAINBOW
MAKE A RAIN CATCHER	MAKE POTATO PRINTS	BOUNCE A BALL	1 CHORE FOR DAD