

A black and white illustration of a spiral-bound notebook. The spiral binding is at the top, with ten loops visible. The notebook has a simple rectangular border. The text is centered on the page.

summer boredom busters

**QUICK REFERENCE GUIDE TO 100
IDEAS TO CURE SUMMER BOREDOM**

Creative & Imaginative Play

- Make a puppet show using socks or paper bags
- Create a pretend restaurant and take family "orders"
- Draw your own comic book
- Pretend you're a spy and make a secret code
- Make a new superhero and write their story
- Set up a pretend school with stuffed animals as students
- Build a city out of LEGO or blocks
- Make up a board game using paper and dice
- Put on a fashion show with clothes from your closet
- Turn your room into a magical kingdom and give everyone titles

Arts & DIY

- Draw with chalk outside (or make a chalk mural on cardboard!)
- Paint rocks and hide them around the yard or neighborhood
- Create paper bag puppets and give them names
- Make a collage from old magazines or junk mail
- Use string and cardboard to make a simple weaving loom
- Design bookmarks with paper and markers
- Make a postcard and “send” it to a friend or stuffed animal
- Try drawing something with your non-dominant hand
- Create a treasure map and decorate it with “burned” edges (use a crayon, not fire!)
- Use nature (leaves, sticks, petals) to make art

Reading & Writing Fun

- Start a reading challenge — how many pages today?
- Write a silly poem
- Create a short story and draw a picture for each part
- Start a summer journal or comic strip diary
- Read to your pet or stuffed animal
- Make a list of “Top 10” things you love
- Invent a new language and write a sentence in it
- Write a letter to your future self
- Make a scavenger hunt with clues
- Create a riddle book for your family to solve

Movement & Active Games

- **Dance party! (Use a speaker or phone)**
- **Try to walk across the room only stepping on pillows**
- **Do 10 jumping jacks every time someone says your name**
- **Create your own obstacle course**
- **Have a “who can stand still the longest” challenge**
- **Try yoga or stretching using a video or made-up moves**
- **Make up a new sport and teach someone else**
- **Play freeze dance**
- **Try crab walking around the house**
- **Have a sock sliding race on tile or hardwood**

Outdoor Fun

- Cloud watching – what shapes do you see?
- Make a fairy or bug house using sticks and leaves
- Build a tent or fort outside
- Try to catch falling leaves or petals
- Make nature soup (leaves + water in a bowl = magic!)
- Watch ants and follow their trail
- Play “I Spy” outside
- Water painting with a paintbrush and a bucket
- Hopscotch with chalk or tape
- Race to find 5 things in nature that are different colors

Kitchen Creativity

- Create a snack mix from whatever's in the pantry
- Make your own recipe and name it
- Build something out of food (pretzel sticks + marshmallows?)
- Have a blind taste test challenge
- Decorate graham crackers with peanut butter & sprinkles
- Make "banana sushi" with peanut butter & a tortilla
- Make popsicles using juice or yogurt
- Create a lemonade stand just for fun
- Invent your own menu and serve snacks to your family
- Use cookie cutters to make fun-shaped sandwiches or fruit

Games & Challenges

- Play 20 Questions
- Do a blindfolded drawing challenge
- Make up your own card game
- Flip a coin to make decisions all day
- Build the tallest tower with anything you can find
- See how long you can balance something on your head
- Play “Would You Rather?”
- Try a backwards race (walking backward safely!)
- Make a maze on the floor with tape or string
- Have a staring contest tournament
- see who can stay quiet the longest

Helping Hands

- Create a “secret mission” to clean something
- Help fold laundry and make it into animals
- Make a list of 5 ways to surprise someone with kindness
- Water plants and talk to them
- Wipe down door handles like a detective on a case
- Organize one drawer and “report back”
- Clean your room like you’re on a game show timer
- Make a pretend commercial about a cleaning product
- Sort toys or crayons by color
- Help cook a meal and serve like a restaurant

Quiet Time & SOLO FUN

- Put together a puzzle
- Listen to music and draw how it makes you feel
- Watch birds or bugs and try to name them
- Try shadow drawing with toys and sunlight
- Look for shapes in ceiling textures or floor patterns
- Take a nap and dream about a made-up land
- Do a simple meditation or quiet breathing for 2 minutes
- Create a gratitude list
- Invent your own “quiet game” rules
- Read under a blanket fort

Just Plain Silly!

- Talk in a funny voice for 10 minutes
- Try to do everything with your eyes closed (safely!)
- Set up a mini parade with toys
- See how many times you can say “pickle” in 30 seconds
- Wear clothes backward for the day
- Create a handshake and teach it to someone
- Pretend you’re on a cooking show
- Make silly faces in the mirror
- Try to hop on one foot for 1 minute
- Declare today a silly holiday and celebrate it

bonus idea!

Come up with your own list of boredom busters! Make them easy things you can do with what you already have at your house! Add your ideas below!