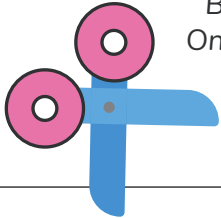




SUMMER

Boredom Busters



Before you let “I’m bored” escape your lips, cut out these activity strips. Once they’ve all been cut, fold them up and put them into a jar. Close your eyes, stick your hand into the jar, and pull out your boredom buster!

Write a story	Take a walk	Plan a family movie night
Bake cookies	Blow bubbles	Run through sprinklers
Paint rocks	Do an act of service	Build an obstacle course
Do a puzzle	Do an extra chore	Learn jump rope tricks
Draw with chalk	Have a picnic lunch	Try hula hooping
Go on a bike ride	Write a song	Make sock puppets
Write a letter to a friend	Climb a tree	Memorize a song
Set up a lemonade stand	Help a neighbor	Find constellations
Read for 30 minutes	Try a new hairstyle	Have a water fight
Look for cloud shapes	Tie-dye a shirt	Go to the library
Make friendship bracelets	Play charades	Pick up neighborhood trash
Learn the art of origami	Catch a butterfly	Create your own board game
Build a bird feeder	Fly a kite	Pick a new recipe to try