



# SUMMER BOREDOM BUSTERS



IDEAS TO HELP KIDS HAVE FUN,  
BE CREATIVE & MAKE MEMORIES!



## GET OUTSIDE

Go for a walk, hike, or explore a new place.



## GET CREATIVE

Draw, paint, color, or make something unique.



## BUILD SOMETHING

Build a fort, try a LEGO challenge, or create with blocks.



## READ SOMETHING FUN

A book, magazine, comic, or audiobook—inside or outside!



## MOVE YOUR BODY

Dance party, jump rope, bike ride, or backyard obstacle course!



## WATER PLAY

Sprinklers, water table, sponge toss, or DIY car wash!



## SCIENCE & DISCOVERY

Try an experiment, observe bugs, or look at the clouds.



## HELP OUT

Bake together, water plants, sort toys, or set the table—you're a big helper!



## PLAN AN ADVENTURE

Have a picnic, go berry picking, visit the library, or explore somewhere new.



## SCREEN SMART

Pick a show or game, then balance it with another activity you enjoy!



## NATURE FUN

Collect leaves, paint rocks, make a nature crown, or start a mini garden.



## REST & RECHARGE

It's okay to slow down. Read, relax, nap, or just do nothing!



## GAME TIME

Board games, card games, or make up your own!



## MUSIC & MOVEMENT

Listen to music, make instruments, or put on a dance show!



## MAKE IT SPECIAL

Write a story, create a thank-you note, or make art for someone you love.



1

PICK SOMETHING from the list!

2

TRY IT FOR 15-20 MINUTES. Give it a chance!

3

STILL BORED? Pick another idea and try again!

### REMEMBER:

Boredom is your brain's way of asking for an idea... this list is full of them!

