

Boredom Is Not Allowed Activities

play with water balloons

play basketball

ride bikes

jump rope

read a book

write a story from an animal's
point of view

play catch

play kickball

hula hoop

make a fairy house

weed the garden

throw a ball to your dog

draw a picture with sidewalk
chalk

blow bubbles

make homemade playdough

swing in the hammock

draw a picture

write a play based on a fairy
tale

play soccer

have a tea party

make an obstacle course

look at a scrapbook

read a story to a sibling

write a poem

memorize a poem

host a poetry recital

play the piano (or any
instrument)

build a fort out of blankets

play a board game

create a newsletter

do a jigsaw puzzle

water the plants

weed the garden

play with sidewalk chalk

use binoculars to watch birds

make homemade wrapping
paper

bathe a pet

do a brain teaser or
crossword

make cookies

surprise a neighbor with a
good deed

create a menu and play
restaurant

look for a four-leaf clover

learn a magic trick

finger paint with pudding

“paint” the porch with water

play Kick the Can

learn about constellations

make a volcano out of clay

make up a dance routine

memorize state capitals

learn the alphabet in Spanish

play Four Square

paint with watercolors

copy your favorite book
illustration

make a treasure map

write a letter to a friend or
relative

decorate a shoebox for
summer keepsakes

make a map of a town you
create

have a spoon-on-nose contest

make a paper airplane

have a Spelling Bee

plan an international dinner

produce a talent show

make a sock puppet

perform a puppet show

go to the park

invent a circus act

practice cartwheels

make rock/acorn pets with
googly eyes

learn how to do a sun
salutation

do yoga in the backyard

make a robot out of scraps

decorate T-shirts with puffy
paint

practice math flash cards

read to your pet

design a family coat-of-arms

identify an insect

celebrate an author's birthday

take a nature photo

"cook" with ice outside

make a tent out of old sheets

make a bagel/peanut butter
bird feeder

make bubbles

make ice cream

host a game show

have a campfire

make paper dolls

write a haiku

teach someone a song

play tennis

film a documentary

play croquet

make a movie poster

create a book on tape

read a Shel Silverstein poem
aloud

make a bookmark

identify shapes out of clouds

plan a family/friend Olympics

play in the sandbox

plan an imaginary trip around
the world

learn 5 karate moves

memorize the Periodic Table of Elements

wash the car

make a friendship bracelet

learn the alphabet in sign language

make a God's Eye

create a secret alphabet

climb a tree

learn a math trick and perform it

read the Bill of Rights

write a ghost story

look for animal tracks

make a cootie catcher

play cat's cradle

learn how to tie a bowline knot

practice juggling

learn Morse code

play Hangman

teach your dog a trick

make a tape walk with masking tape

have a thumb-wrestling contest

play with cornstarch and water

sing "Bingo" loudly

make trail mix

make homemade butter

make up a dance

host a party for your pets

make a mix tape

sketch dresses to watercolor

make paper bag puppets

make Top 10 lists (favorite movies, pizza toppings, animals, etc.)

make homemade soap

lead an exercise class

lie on a blanket and look at cloud shapes