



# I'm BORED KIT

**INCLUDES:**

**100 ACTIVITY IDEAS  
BORED BINGO  
POSTER**

**LET  
GROW**



# I'm BORED

## Activity List

100 things to do when you can't think of anything to do.

Unload dishwasher.	Clean your room.	Sweep or vacuum.	Organize something.	Do laundry.
Wash windows.	Clean bathroom.	Pick up outside.	Collect things to donate.	Make a snack, lunch, or dinner.
Do a chore of mom's or dad's choice.	This chore I came up with: _____.	Draw something, using an online tutorial.	Paint rocks.	Find a DIY project on YouTube.
Make a sign to hang in your window.	Create something out of cardboard.	Sew something.	Color.	Make slime.
Draw a map of your house or neighborhood.	Make paper airplanes.	Make a cake and decorate it.	Draw something you see outside.	Do origami.





# I'm BORED

## Activity List

100 things to do when you can't think of anything to do.

Invent your own game with a deck of cards.	Play a board game.	Play 21 questions.	Play hopscotch.	Feed the birds.
Go on a bug hunt.	Climb a tree.	Set up a lemonade stand.	Play in the sprinkler.	Have fun with water balloons.
Fly a kite.	Take pictures.	Have a paper boat race.	Have a picnic.	Set up for an outdoor movie.
Have a car or bike wash.	Paint with a squirt gun.	Watch the clouds and look for shapes.	Set up a tent.	Make mud pies.
Garden.	Play with bubbles.	Ride your bike.	Make an obstacle course.	Have a race.



100 things to do when you can't think of anything to do.

Do some yoga.	Invent your own workout.	Jump rope, hula-hoop, or Frisbee.	Play balloon volleyball or real volleyball.	Kick a ball around.
Learn a new dance or have a dance party.	Go for a walk.	Play follow the leader.	Visit a new playground.	Play catch.
Play Simon Says.	Call a friend and tell them a story.	Write a news report.	Create a treasure hunt with clues.	Read a book you loved when you were little.
Write someone a letter.	Send a postcard.	Write a positive message to a worker.	Write about a wish you have.	Write predictions about your future.
Look up and read about how to _____.	Write a poem.	Write a scavenger hunt.	Find a place outside to read.	Write an alternate ending to the last book you read.

# BORED

## BINGO

# BORED

## BINGO

Be creative	Outside time	Read, write, & relax	Exercise & play	Do chores
Draw something, using an online tutorial.	Feed the birds.	Do a puzzle.	Ride your bike.	Unload dishwasher.
Paint rocks.	Go on a bug hunt.	Write someone a letter.	Make an obstacle course.	Clean your room.
Find a DIY project on YouTube.	Climb a tree.		Have a "name that food" taste-testing contest.	Sweep or vacuum.
Put on a puppet show.	Set up a lemonade stand.	Create a treasure hunt with clues.	Do some yoga.	Empty garbage.
Build with blocks or LEGOs.	Play in the sprinkler.	Read a book you loved when you were little.	Play a board game.	Organize something.

To play BORED Bingo, complete an entire row of activities, either horizontally or diagonally.

Be creative	Outside time	Read, write, & relax	Exercise & play	Do chores
Sew something.	Have fun with water balloons.	Write a positive message to a worker.	Jump rope, hula-hoop, or Frisbee.	Pick up outside.
Color.	Fly a kite.	Find a place outside to read.	Play balloon volleyball or real volleyball.	Collect things to donate.
Pretend to be a dog or cat.	Take pictures.		Invent your own backyard game.	Clean bathroom.
Tell ghost stories around a pretend campfire.	Have a paper boat race.	Write a poem.	Learn a new dance or have a dance party.	Make a snack, lunch, or dinner.
Make slime.	Have a picnic.	Call a friend and tell them a story.	Play a game of I Spy.	Do a chore of mom's or dad's choice.

To play BORED Bingo, complete an entire row of activities, either horizontally or diagonally.

# BORED

## BINGO

# BORED

## BINGO

Be creative	Outside time	Read, write, & relax	Exercise & Play	Do chores
Make paper airplanes.	Garden.	Write an alternate ending to the last book you read.	Play catch.	Do laundry.
Make a cake and decorate it.	Play with bubbles.	Write a scavenger hunt.	Play follow the leader.	A chore of mom's or dad's choice.
Do origami.	Set up for an outdoor movie.		Play 21 questions.	Empty garbage.
Throw a neighborhood parade.	Paint with a squirt gun.	Write about a wish you have.	Visit a new playground.	Make a snack, lunch, or dinner.
Make play dough and create awesome things.	Watch the clouds and look for shapes.	Write predictions about your future.	Play hide-and-seek.	Wash windows.

To play BORED Bingo, complete an entire row of activities, either horizontally or diagonally.

Be creative	Outside time	Read, write, & relax	Exercise & play	Do chores
				

To play BORED Bingo, fill in the boxes with activities of your choice, and complete an entire row of activities, either horizontally or diagonally.

# BORED?

Be Creative

Outside Time

Read, Write & Relax

Exercise & Play

Do Chores

