



School Holiday Boredom Busters

OUTSIDE

- ♥ Invent an outdoor obstacle course for the current weather
- ♥ Soccer Tournament
- ♥ Kick/bounce a ball against the wall
- ♥ Brush the dog and teach it new tricks
- ♥ Run further than you think you can
- ♥ Trampoline circus
- ♥ Hunt for rocks & sticks, then paint them and hide in the local park
- ♥ Make a jump for your bike
- ♥ Practice handstands and cartwheels
- ♥ Explore a garden, chart what you see
- ♥ Lie on the grass and watch the clouds
- ♥ Climb a tree
- ♥ Play hide and seek at night with a torch

INSIDE

- ♥ Latex balloon wars inside
- ♥ Learn chess
- ♥ Dance to music
- ♥ Make a Lego world
- ♥ Play board games
- ♥ Set up a café at home for lunch
- ♥ Write a story about your super power
- ♥ Write a letter
- ♥ Create an indoor hopscotch with masking tape on carpet
- ♥ Build an indoor obstacle course
- ♥ Learn a new card game
- ♥ Cook a new recipe
- ♥ Create music using whatever doesn't give adults a headache
- ♥ Make lemonade or orange juice

IN or OUT

- ♥ Set up a marble run
- ♥ Invite friends over to play if you can
- ♥ Start a photo a day challenge
- ♥ Have a paper plane race
- ♥ Deconstruct old appliances - how do they work.
- ♥ Practice an exercise each day and track your progress
- ♥ Build a fort
- ♥ Do something nice for someone else
- ♥ Find something you no longer use and upcycle it into something else
- ♥ Create a scavenger hunt with clues
- ♥ Make a movie - write the script and act and direct then edit
- ♥ Read more books than you did last holidays
- ♥ Create a documentary on your favorite activity
- ♥ Listen to an audio book