281 things to do when you are bored
(that don’t include computers, televisions, or digital devices)

from
This Happy Mom
Directions:
To make an “I’m bored jar” – print out the list and cut into strips. Remove any ideas that don’t seem like a good fit for your family. Fold each strip and place in a big jar or box. Create additional strips based on what works for YOUR kids.

OR
Skip down to the very last idea.

“write these ideas on pieces of paper and pick out one or two to do.”

Use this list as an activity. Have your kids create the boredom box or jar. Ask them to create their own list.

For additional ideas, check Pinterest. I have several boards devoted to easy ideas to keep kids entertained.

Have a great summer!

Susan

ThisHappyMom.com
act out a play

alphabetize your books

arrange photo albums

bake a batch of cookies

bake a cake

basketball

bathe a pet

bird watching

blow bubbles

braid hair

brush the pet

brush your teeth

build a clubhouse under the dining room table

build a fort in the backyard

build a fort in your rooms

build a fort with all the wrapped rolls of paper towels and toilet paper

build a marble maze

build a rabbit trap and bait it with a baby carrot
build a reading nook in the guest bathtub with all the pillows you can find

build a sandcastle

build a squirrel trap and bait it with acorns gathered from the yard

build huge insects out of found materials

build mud pies

build swords out of cardboard tubes and duct tape. Use them.

build with blocks or Legos

call a friend

call your grandmother

catch butterflies and then let them go

chase butterflies

check out a science book and try some experiments

check the mail

check the pinterest summer activities board or indoor kid stuff board or summer school board

clean bathroom

clean bathroom mirrors

clean bedroom
clean garage

clean inside of car windows

clean sliding glass doors

clean under the bed

collect caterpillars and bugs

collect feathers

collect leaves

collect pill bugs (roly polys) and build a small world for them

collect rocks

collect seeds

collect sticks and mud and build a bird’s nest

color

cook

copy your favorite book illustration

count how many days until school starts

create a potato gun

create a symphony with bottles and pans and rubber bands

create an imaginary friend
create something out of a few cardboard tubes

crochet or knit

cut pictures from old magazines and write a story

declare backwards day

declare opposite day

decorate a shoe box to hold your summer treasures

decorate bikes or wagons and have a neighborhood parade

design your own game

do a jigsaw puzzle

do a secret service for a neighbor

do brain teasers (ie: crosswords, word searches, hidden pictures, mazes, etc.)

do crafts with pressed flowers

do extra schoolwork to get ahead

do some stargazing

draw

draw a cartoon strip

dust the house
empty dishwasher

feed the birds or squirrels

feed the cat

find a new pen pal

find an ant colony and spill some food and watch what happens

find bugs and start a collection

find out what happens when you combine vinegar and baking soda

find shapes in the clouds

finger paint with pudding

finger paint with shaving cream

fold laundry

fold the towels

freeze large block of colored water. Use the ice blocks to build a sculpture

gather the dirty laundry

give your pet a party

glue noodles into a design on paper

go fishing
have a "texas snowball fight" with wads of white paper

have a marble tournament

have a neighborhood bike wash

have a read-a-thon with a friend or sibling

have a Spelling Bee

have a tea party

have a Teddy bear picnic

have leaf boat races when the neighbor over waters their yard

have paper airplane races

hold a tea party

hunt for earthworms

hunt for four-leaf clovers

invent a game from all the extra game pieces

invent a new language

invent circus acts

jump rope

learn magic tricks

learn origami
listen to a story or book on tape

listen to the birds sing

make a collage from magazine photos.

make a collage using pictures cut from old magazines

make a craft

make a diorama

make a fairy house

make a hideout or clubhouse

make a macaroni necklace

make a map of your bedroom, house or neighborhood

make a parade float from your wagon

make a sundial

make a teepee out of blankets

make a tent out of blankets

make a terrarium

make a treasure map

make a wind chime out of things headed for the garbage

make an obstacle course in your backyard
make and eat ants on a log
make and eat fruit salad
make and freeze popcicles
make art on the front walkway with sidewalk chalk
make bookmarks
make Christmas presents
make dessert
make dinner
make doll clothes
make flowers from craft foam or found materials
make food sculptures (from pretzels, gumdrops, string licorice, raisins, cream cheese, peanuts, peanut butter, etc.) and then eat it
make friendship bracelets for your friends
make Frisbee’s out of old plastic lids, decorate with markers
make granola
make homemade gift cards
make homemade play dough
make homemade wrapping paper
make lemonade
make paper airplanes
make picture frames from twigs glued onto sturdy cardboard
make sock puppets
make some popcorn and eat it
make some salt dough and then make a sculpture while blind folded
make trail mix
make up a “Bored List” of things to do
make up a game for practicing math facts
make up a game for practicing spelling
make up a play using old clothes as costumes
make up a song
make up a story
make up a story by drawing pictures
match your socks
memorize a poem
organize a dresser drawer
paint
paint the sidewalk with water

paint your face

perform a circus

perform a family concert

phone a friend

pick flowers

pick vegetables

plan a neighborhood or family Olympics

plan a special activity for your family

plan a treasure hunt

Plan a trip

plan an imaginary trip around the world, where would you want to go

plan an imaginary trip to the moon

plan pranks for Aprils Fools Day next year

plant a container garden

plant a garden or a pot

play "I spy"

play "murder in the dark" remember it?
play a guessing game
play baseball
play board games
play card games
play catch
play charades
play checkers or chess
play Cowboys
Play doll hospital
play dolls
play dress-up
play flashlight tag
play Frisbee
play frisbee golf
play hide-and-seek
play hopscotch
play house
play in the sandbox
play indoor tennis with a balloon and paper plates

play jacks

play Kick the Can

play marbles

play momgo

play nerf guns

play outside with the pet

play school

play statues

play store

play tag

play the alphabet

play the present game

play with play dough

play with toy cars

play yatzee

practice musical instruments

prepare a “restaurant” lunch with menus
prepare lunch
press flowers
pretend you are a cat
pretend you are a game show host
pretend you are invisible
pretend you are super heros (or super villains)
produce a talent show
pull weeds
put on a magic show
put on a puppet show
put together a family newsletter
read a magazine
read a story to a younger child
read books
recite a memorized poem for your family
research your favorite animal, sport, food, or hobby
ride bikes
roller blade
run a lemonade stand

run relay races

run through the sprinkler

search your house for items made in other countries and then learn about those countries from the encyclopedia

sew buttons in designs on old shirts

sprout seeds or beans

squirt with hoses

start a club

start a journal of summer fun

start a nature diary

string dry noodles or O-shaped cereals into a necklace

surprise a neighbor with a good deed

surprise an elderly neighbor or relative by weeding his/her garden

sweep driveway or sidewalk

sweep front walkway

sweep kitchen or bathroom floors

sweep the porch
take a nap in the closet

take a nap outside on your lawn

take a quiet rest time

take a shower or bath

take the trash out

教你自己演奏乐器（口琴，手风琴，吉他）

尝试模仿鸟的叫声

用土豆来点亮灯泡

使用双筒望远镜

使用放大镜

使用显微镜

吸尘车

吸尘客厅

吸尘或除尘窗帘

吸尘沙发垫并保存任何找到的硬币

在雨中散步

洗自行车

洗车
wash your face

watch the clouds

water the plants

whittle

whittle bars of soap

work a puzzle

work with clay

write a letter to a relative, friend or pen pal

write a play

write a science-fiction story

write in your journal

write letters

write newspaper articles for a pretend newspaper

write reviews of movies or plays or TV shows or concerts you see during the summer

write stories

write these ideas on pieces of paper and pick out one or two to do