

# BOREDOM BUSTERS

1. **Play keep up the balloon.** Focus on stretching and big movements.
2. **Paint pictures** – on paper or on the floor outside
3. Have a go at **Yoga or a dance routine** on YouTube.
4. **Tie dye or paint t shirts.** You can even print a design for these and have someone iron it on.
5. Do the **gardening**
6. **Make jewellery** (string and beads) if this is safe to do so.
7. **Make a life story about yourself.** Or maybe a mood board of all the things you like!
8. **Make paper aeroplanes and boats.** Race these. Use descriptive words to talk about what is happening. Try new designs and techniques i.e. fast or slow.
9. **Play musical games** i.e. musical statues/musical chairs
10. **Do the cooking/baking**
11. **Plan recipes** – Look online at healthy recipes that can be tried
12. **Decorate the garden with chalk**
13. **Make giant bubbles** outside
14. Have a **sports day**
15. Have a **disco**
16. **Do a virtual tour online** – you could visit a zoo or a museum!
17. **Do a music making game online:**  
<https://musiclab.chromeexperiments.com/>
18. **Treasure hunt**
19. **Indoor/garden picnic**
20. **Skittles** or throwing balls into baskets
21. **Indoor beanbag curling**
22. **Do a workout video online** i.e. Joe Wicks on YouTube.

**Please note: All activities need to be risk assessed in line with local policies and procedures.**

### 1. Keep up the balloon



### 2. Paint pictures



### 3. Yoga/Dance routine



### 4. Tie dye / paint shirts



### 5. Gardening



### 6. Make jewellery



### 7. Write about `me`

**About Me**

Add your picture here

My name is \_\_\_\_\_

I am \_\_\_\_\_ years old.

My hair is \_\_\_\_\_ and my eyes are \_\_\_\_\_

My best friends are \_\_\_\_\_

When we are together we play \_\_\_\_\_

In my free time I like to \_\_\_\_\_

### 8. Paper aeroplanes



### 9. Musical games



### 10. Cooking / Baking



### 11. Plan recipes



### 12. Chalk in garden



### 13. Giant bubbles



### 14. Sports day



### 15. Disco



