**BOREDOM JAR ACTIVITY IDEAS**

**WHAT IS A BOREDOM JAR?**. Cut scraps of paper and wrote down different activities, crafts, games, and even chores on the pieces of paper. Whenever the kids say they’re bored instead of watching tv, the kids choose three papers from the boredom jar and they can choose an activity to complete. Any of the activities below would be a great to add to your jar.

**Build a Fort**Let your child gather blankets, pillows, cardboard boxes, and chairs. Use them to make a pillow fort they can climb inside. Bring a flashlight and some stuffed animals and make it a party!

**Write a Letter**Did you know that handwriting, colouring, and cutting are a great way for children to practice fine motor skills? Get out fun stationary or plain paper and envelopes and let your children decorate the paper. Help them write a letter to a distant relative or old friend. If they’re too young to write, have them make a card with illustrations. Teach them how to address the letter and explain the how postage and stamps work.

**Sock Puppets**Do you have any lonely, single socks lying around that just can’t seem to find a partner? Have some fun making them into sock puppets with your child. Use markers to draw faces and scissor to cut a mouth. Put on a puppet show!

**Dress Up**
Start a costume bin in your house. Fill it with your clothes from past decades, old Halloween costumes, and goofy finds from thrift stores. Whenever your little one is looking for something fun to do, pull out the costume bin and let them step into character!

**Imaginary Creatures**Let your child invent an imaginary pet. It can be a pet they wish they had or it doesn’t even have to be a real animal. Sometimes the mythical, made-up animals are more fun. Does it have the body of an eagle and the tusks of an elephant? Can it fly? Can it swim, but only in pools? Have your child come up with a name and a story of origin for their creature. Your child can draw pictures to tell the story of how their creature came to be.

**Close your Eyes and Guess Game**
Just like the name suggests, you take turns closing your eyes for this game. Brush a mystery object on your child’s hand and let them describe how the object feels and then guess what it might be. Try a feather, piece of fruit, or book. Hold an Indoor Treasure Hunt

Confined to the house? You can still have a fun treasure hunt adventure, make a sheet which has a selection of things to do, ideas for things to find and fun activities to help pass the time!

All you have to do is provide each child with their treasure hunt list and a small box, bag or basket to collect their items.

Create a Town in a Cardboard Box

If you have a cardboard box, why not draw a town on the bottom of the box, with roads, tracks, bridges, parks, car-parks, etc. create some little animals and people.. Then let your child’s imagination run wild.

Make Shadow Shapes

Turn off the lights, close the curtains, and with the help of a torch (even a torch on a phone works!), take turns making shadow shapes on the walls, with your hands. See who can make the best shape. Can you make shadow puppets and put on a little show?

**Google “How to draw…”**

Google “How to draw…”, selecting whatever your kid wants, such as dinosaur, racing car, fairies, princess, animals, etc

Most kids love to bake, particularly with the promise of a sweet treat at the end! And getting kids involved in the kitchen from an early age is a great way to introduce them to everything from new flavours and foods, to the math and science of baking and cooking.

What about trying [**baked berry squares**](https://www.mykidstime.com/food-and-recipes/aoife-hearnes-delicious-baked-berry-squares/), some [**easy cookie recipes**](https://www.mykidstime.com/food-and-recipes/8-easy-cookies-recipes-can-do-with-kids/) to make with kids, [**vegan chocolate chip cookies**](https://www.mykidstime.com/food-and-recipes/marlenes-deliciously-vegan-chocolate-chip-cookies/), and more [**easy peasy baking recipes**](https://www.mykidstime.com/food-and-recipes/10-easy-peasy-baking-recipes-kids-inspire-delight/)**.** We also have lots more ideas in our [**Food and Recipes**](https://www.mykidstime.com/food-and-recipes/) section, if you’re looking for inspiration.

**Put on a Play or Show**

Have the children put on a play or show of their own creation. Show them what they can use for costumes and props – and don’t forget to film the final production!

**Make Paper Airplanes**

All you need to make [**paper airplanes**](https://www.wikihow.com/Make-a-Paper-Airplane) is paper – and pens if you want to decorate it.

First fold your paper airplane and then the kids can draw the pilots at the front and the passengers looking out of the windows. Then have a race and see whose plane gets furthest!

**Make Special Cards or Write a Letter**

Everyone loves to receive a personal letter/card in the post these days, as it is such a rarity! This would be a special treat for Grandparents, friends or cousins.

Use stamps, glitter, paints and create a card to send or give – it’s a great opportunity for older children to practice their handwriting too!

**Make a Magazine**

Set up a family News Desk at the kitchen table! Decide on what stories are going to go in the magazine. It could be a profile of someone in the family, maybe an interview with a grandparent. Will someone take photos or draw pictures? Maybe there could be a fun corner with a puzzle or a joke in it.

Decide on what story or item will go on what page, maybe write down a mini magazine plan on a sheet of paper. Gather together the materials you’ll need to make up the magazine: paper, pens, photos, any other materials to decorate the magazine. Then have fun putting the magazine together!

**Have a Readathon**

This is a great activity for older kids. Set a challenge to see how many books/chapters can be read during the day

**Have a LEGO-Building Contest**

You could pick a theme e.g. vehicles, single coloured blocks, etc and then see what everyone comes up with.

**Make a Playlist and Have a Disco**

Create your own playlists of your favourite songs. Why not pick 5 songs each that you all like, to add to your playlist, then put it on shuffle and have a disco in the house?

Move back the furniture, and get moving! It’s a great way to get some physical exercise in on a rainy day, and you could also use your playlist for some limbo dancing, musical statues, best and worst dancer competitions, and lots more!

**Make a Flippy Book/Moving Story**

All you need is a drawing pad, and pencil.

Explain how the book works: that you draw an image in the same corner of the book on each page, and that each image changes only slightly. A traditional ‘stickman’ is a good starting point, in different poses. Then you flip

**Make Scrapbooks**

Give your child some old photographs they love to make special scrapbook pages you can add to your own scrapbooks. Supplies needed include old pictures, craft paper, glue, glitter, stickers, or whatever else you have.

**Make Sock Puppets**

Gather up some of your old socks (you know those ones whose pair has gone missing from laundry day…?), and then find some household items that can be used for eyes, mouth, and nose. You could use buttons for eyes, pieces of fabric for noses, and things like string, wool, ribbon, or even cotton wool for hair.

If your kids can sew, they can add the decorations with needle and thread, but for younger kids use glue.

Once the puppets have been made, leave them to dry. At this point, if the kids are still engaged, you could create a puppet theatre with a cardboard box and let the kids put on a puppet show for you.

**Create Misfit Characters**

Lay a selection of old magazines or catalogues, and get your children to cut out pictures of heads, torso, legs and feet/shoes. They can then have some fun mixing them up, and glueing mismatched characters onto blank sheets of paper.

Older children may like to take this one step further and write a story about their unique characters.