

# It's Good To Be Bored



Ideas to unleash your creativity

# ACTIVE/MOVEMENT ACTIVITIES

**1** Balloon games – all you need is a balloon and your hands. How many times can you keep it up in the air. What if you stand on one foot, or use your non-dominant hand? Or play monkey in the middle.

**2** Dance party – put on your favorite songs and dance in the kitchen, living room or wherever suits you best! Play “freeze” – when the music stops “freeze” into the shape of a letter of the alphabet or favorite animal.

**4** Design an indoor obstacle course – move around, over, under and through various objects in your house (boxes, furniture, use painter’s tape on the floor). Use different modes of movement for added challenge – crawl, jump or dance through the course.

**5** Paper airplane – design your best airplane and see how far they fly. How high? Can they fly through a target or land on one? Extra points for coloring it first.

**3** Learn to juggle – grab 3 tennis balls, bean bags or similar and practice juggling!



**6**

Scavenger hunt – have younger kids collect by color, older ones by letter and adults by uniqueness or difficulty. Play the alphabet game on the hunt – first find an object starting with the letter A, then B, and so on.

**7** Bring out your inner animal – practice moving like your favorite animals! Crawl like a crab, lumber like a bear, jump like a kangaroo or slither like a snake – how many different movements can you come up with?

**8**

Build a fort! Gather blankets, pillows, boxes and more – set up a cozy cavern, grab a flashlight and curl up with a good book.



- 9** Skate – put down a piece of paper underneath each foot and skate around the floors. Put together a routine and put on a show!
- 10** Charades – who can pass up this classic!
- 11** Feather game – have kids blow a feather to keep it up in the air. See how long it can remain afloat.
- 12** Simon says – no matter your age, this can be a lot of fun!
- 13** Ball toss – grab containers, boxes or laundry baskets and create a ball toss game with different points for each target. Use balls, rolled up socks, paper airplanes or stuffed animals for the objects.
- 14** Treasure hunt – complete with clues and map. Have kids design, colour and create it!
- 15** Balance beam (use painter's tape on the floor) – go forwards, backwards and sideways. Create a routine!
- 16** Set up those plastic bottles that you haven't taken to the recycling depot yet for some indoor bowling. Use a tennis ball or rolled up socks as the ball.
- 17** Hide and seek



## CREATIVE TOOLKIT

### Keep materials on hand for rainy day activities

- Paper goods: cardboard boxes, cardboard tubes, greeting cards, scrap paper, cereal boxes, magazines
- Crayons, pencil crayons, pencils, markers, glue sticks, tape, scissors
- Yarn, popsicle sticks, craft foam, buttons, pipe cleaners
- Books
- Balloons, balls, bubbles
- Deck of cards, puzzles, games



# QUIET ACTIVITIES

- 1** Draw – turn it into a game and play Pictionary, draw a “telephone picture” (take turns drawing portions of a collective work of art).
- 2** Paper and pencil games – tic-tac-toe, dots and boxes, battleship, crib.
- 3** Write – unleash your creative side and write a poem, short story or more!
- 4** Puzzles – how many can you complete?
- 5** Read – unbox old books, re-read your favorites, bring out old kids books that you have tucked away for storage.
- 6** Board games – pull out those old games and have fun!
- 7** Collages – cut up newspapers, magazines, use old photos and hang a poster in kids’ bedrooms, living rooms or kitchens!
- 9** Organize! Empty the closets, cupboards and drawers – organize and label, put things where they belong and donate things that you don’t need or use anymore.
- 8** Have an indoor picnic
- 10** Talk – have conversations about favorite vacations, passions, goals, play “if you could...”, “have you ever ...”, “this or that...”, tell jokes, make up ghost stories.
- 11** Bring out the lego – what kind of creations can you make, no matter your age!
- 12** Create and cast a paper bag puppet show.
- 13** Memory games – grab 10-20 random objects from around the house and place them on a tray. Have family members examine them for 60 seconds, then cover them up with a tea towel. How many can they remember? Have a tournament!
- 14** Build a cardboard tube castle or use it as a marble maze.

