



Todays' world is filled with non-stop entertainment, fast-paced gadgets, and every imaginable toy on the planet... but somehow kids can still claim to be bored.

Next time you hear the overdrawn sigh of "I'm bored", direct your kid to the Bored Bucket and carry on with your life in peace.

Creating the bored bucket

Items needed:
Jar or little bucket
Popsicle sticks (approx
Colored tape (3 colors)
Permanent marker

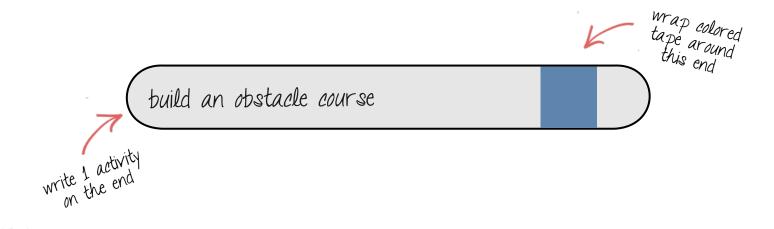
- 1 Write 1 activity on the end of each popsicle stick with marker (see next page)
- Separate the popsicle sticks into the following 3 categories:

Active activities (color 1)

Arts/Crafts (color 2)

Quiet activities (color 3)

- Wrap tape around the ends of the popsicle stick (opposite the writing) based on the color chosen for that type of activity
- Once the popsicle sticks have been created, place them in the bucket or jar so the colored tape is showing and the writing can't be seen
- 6 When kids are bored, they can go to the bored bucket to pull out an activity to do



Activities

Active activities (Color 1)

Build an obstacle course

Build a fort (using blankets/pillows)

Teddy hide n' seek*

Tea party with stuffed animals

Indoor treasure hunt (can use cameras)

Play a game

Take pictures

Play outside

Make a dance

Make a collage (use old magazines)

Ride your bike

Make up a song/dance and perform it

Play cards (war, go fish)

Barbies/dolls

Play with friends

Gymnastics

Visit the library

Go to the park

Bake

Indoor picnic

Play dress up

Create a race car track (use painters tape)

Play store/restaurant



paper clip piece of lego piece of toilet paper sock hair elastic something fluffy pencil book puzzle piece straw toothbrush sandal toothpick towel ball spoon money toy car

The parent hides a teddy somewhere in the house and the kids try and find it. Play over and over.

^{*}Teddy hide n' seek:

Arts/Crafts (Color 2)

Do a craft Make a book* Colour **Paint** Play-doh Make jewellery Draw with chalk Make snowflakes (paper/scissors) Write a song Draw Create a town in a cardboard box Create a play/show Make paper airplanes Make special cards or write a letter Paint rocks Finger painting Draw a map of the house

Quiet activities (Color 3)

Finds toys to give away
Look at pictures
Puzzles
Clean your room
Read
Learn a language (Duo Lingo for Kids)
Lego
Sticker books
Make a domino line
Write a letter

*Make a book:

Make a treasure map

Use blank paper, folded and stapled together like a book. Kids can then draw pictures and write a story.

