

WHEN YOU'RE BORED

read a book * paint on a canvas * take some photos * sidewalk chalk on the driveway * do a science experiment * sprinkler under the trampoline * stay bored and watch the grass grow * sew something * make a video * ride your bike to get ice cream * play catch * bake a treat * make a flower arrangement * set up soccer goals and play a game * catch some bugs and freeze them * play with bubbles * make a fort outside * play a board game * make play dough * write an awesome news article * UNO * write in your journal * organize your room * water gun fight * water balloon games * complete math worksheets * listen to a podcast (ask mom for ideas!) * write a story or a poem * compose a song on your instrument of choice * call a grandparent on the phone and visit with them * write a letter/card to someone and put it in the mail * do extra chores for money * origami * find a friend * plan a late-over with friends * make a paper chain * take a nap * do an exercise video * draw a self-portrait * find someone to help * plan the itinerary for the trip of your dreams * prepare a report on a historical site or natural wonder you would like to visit * take a bath with bubbles or bath salts * lie down on the trampoline and watch the clouds * have a picnic in the backyard * memorize a funny or wise saying * sketch a flower growing outside * make a smoothie * hide something outside in the neighborhood and make a treasure map for siblings * turn on music and have a dance party * put on a puppet show * climb the big pine tree * battleship * watch the birds at the feeders * create an obstacle course in the backyard * do an act of service * study your scriptures * work on personal progress or arrow of light * walk to a tennis court and play a match * write and put on a play * pick up your instrument and play * assemble your scrapbook from last year * ride scooters * build a fairy garden * learn a song on the ukulele * create a slideshow of family photos * khan academy * pollei's trampoline * explore the canal in your rain boots * do your laundry * make a leaf rubbing * make slime * create a time capsule box to open in 15 years * legos or lego excavation * corn hole * marbles * frozen t-shirt race (freeze t-shirts ahead of time) * weed for \$ * take a nap * manicures or pedicures * do a yoga video * write a letter to your future self to open in 5 years * find a new recipe to try for dinner * make a vision board * 100 sit-ups * pushups to fail * clean out your closet * duolingo * make a collage from old magazines * write down a lifetime bucket list * go on a walk * color in a coloring book * make a gratitude list * give mom a back massage * wash the french door windows * put together a care package for a missionary or friend * memorize a scripture *