

Save this in your Google Drive, or print it out and hang it on your pantry door for easy access when the kids need some creativity inspiration this summer!

30+ INDOOR BOREDOM BUSTERS

1. Pull out paper cups and try to make the tallest tower you can
2. Do a puzzle
3. Play a board game together
4. Make homemade popsicles
5. Create a craft bin with popsicle sticks, stickers, tape, rubber pants, paper clips, clothes pins, etc and let them get creative!
6. Play charades together
7. Create some sensory bins for your kids to play with
8. Build a fort
9. Have a dance party
10. Make some homemade play dough
11. Do a drawing from [Art for Kids Hub Youtube Channel](#)
12. Make paper airplanes
13. Film a lip sync video with choreography
14. Write a letter to Grandma and Grandpa or cousins and send it in the mail
15. Play a board or card game (my favorites [HERE](#))
16. Do a leaf rubbing drawing with crayons
17. Learn a new song on the piano
18. Write your own story and draw pictures to go with it
19. Make bracelets
20. Use paper cups as bowling pins and play indoor bowling with whatever ball you have
21. Listen to an audiobook (a list of some of [our favorites are right HERE](#))
22. Make an afternoon snack together
23. Work on your summer skill goal
24. Teach a younger sibling how to play a new game
25. Learn how to cross-stitch or crochet. There are lots of videos on YouTube!
26. Make bean bags and learn how to play hacky sack or have a bean bag toss
27. Print a coloring page off of the internet and color
28. Make a cereal necklace with a string and some dry cereal, then go outside and snack on it!
29. Use toilet paper/paper towel rolls to create a marble run on the wall or a door
30. Turn off the lights and do shadow puppets
31. Play dress up
32. Roll up your socks and have an indoor snowball fight with the socks
33. Learn a magic trick and practice it

20+ OUTDOOR BOREDOM BUSTERS

1. Try a new park together
2. Go swimming
3. Go to see a matinee movie
4. Go to the library
5. Go to the zoo
6. Call a friend and have a playdate
7. Go to a movie in the park
8. Run through the sprinklers
9. Create a slip and slide
10. Go to the splash pad
11. Put together a picnic for dinner that night
12. Wash the car
13. Sidewalk Chalk
14. Have a water balloon toss/fight
15. Ride your bike
16. Take a walk together
17. Do bubbles in the backyard
18. Go get the mail
19. Have a three legged race
20. Draw hopscotch on the sidewalk and play
21. Fill a big bucket with water and bob for apples
22. Make a volcano in the dirt with a soda bottle, soap, baking soda, and vinegar
23. Set up an obstacle course and take turns going through it
24. Participate in community service

HAPPY SUMMER!!