🎒 Boredom Jar Ideas for Kids

Print these prompts, cut along the lines, and place them in a jar. Let your child pick one anytime they say, "I’m bored!"

* Build a fort with pillows and blankets
* Draw your dream house
* Write a short story about a flying animal
* Make a paper airplane and see how far it flies
* Go on a color scavenger hunt around the house
* Make up a new dance and perform it
* Sort your toys by color or size
* Create a comic strip
* Learn a new song and sing it for your family
* Draw with your eyes closed
* Do 10 jumping jacks and 5 frog jumps
* Make a friendship bracelet
* Organize your bookshelf or toy shelf
* Pretend you’re a news anchor and report today’s weather
* Try to balance a book on your head for 1 minute
* Write a thank-you card to someone you love
* Play 'I Spy' with someone at home
* Make up your own board game
* Use recycled items to build something creative
* Act out your favorite movie scene