

Create an “I’m Bored Jar”

July is when we hit the dreaded “I’m bored” phase of summer break! Help break this cycle by creating an “I’m Bored Jar”.

You will need:

- Jar
- 1—20 popsicle sticks
- Black permanent marker
- Paint (or use the template below)



Paint your jar (or use the template below). Come up with a list of “bored jar” activities together and write them on the popsicle sticks with the permanent marker (or use the template below and glue them to the popsicle sticks). Some examples are:

- Make popsicles
- Play with chalk
- Play with legos

Place the sticks in the “bored jar”. When your kids either say that they are bored or you want to do a fun summer activity together, pull out a stick and do what it says.

I'm Bored Jar

"I'm bored, I'm bored, I'm bored," you whine.
I've had enough, I've drawn the line!
Come choose a paper from within,
And work or play you shall begin!

Clean your room

Make a card

Close the toy room

Play Lego

Feed/water the pet

Make up a song and perform it

Unload the dishwasher

Color a picture

Clean the front entrance

Imagine you're a pilot, where are you going to go?

Dust the living room

Bouncing use tin foil balls and bowl

Vacuum the upstairs

Have a tea party

Read a book

Pretend you're on a safari

Clean the bathroom

Read a text

Wash the dishes

Put on a puppet show

Do a load of laundry

Play hide & seek

Play a board game

Brush your teeth

Put together a kit

Wash the dirtiest wall you can find

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