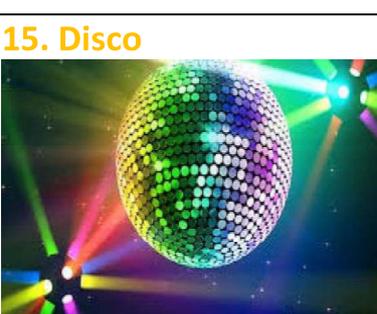


BOREDOM BUSTERS

1. **Play keep up the balloon.** Focus on stretching and big movements.
2. **Paint pictures** – on paper or on the floor outside
3. Have a go at **Yoga or a dance routine** on YouTube.
4. **Tie dye or paint t shirts.** You can even print a design for these and have someone iron it on.
5. Do the **gardening**
6. **Make jewellery** (string and beads) if this is safe to do so.
7. **Make a life story about yourself.** Or maybe a mood board of all the things you like!
8. **Make paper aeroplanes and boats.** Race these. Use descriptive words to talk about what is happening. Try new designs and techniques i.e. fast or slow.
9. **Play musical games** i.e. musical statues/musical chairs
10. **Do the cooking/baking**
11. **Plan recipes** – Look online at healthy recipes that can be tried
12. **Decorate the garden with chalk**
13. **Make giant bubbles** outside
14. Have a **sports day**
15. Have a **disco**
16. **Do a virtual tour online** – you could visit a zoo or a museum!
17. **Do a music making game online:**
<https://musiclab.chromeexperiments.com/>
18. **Treasure hunt**
19. **Indoor/garden picnic**
20. **Skittles** or throwing balls into baskets
21. **Indoor beanbag curling**
22. **Do a workout video online** i.e. Joe Wicks on YouTube.

Please note: All activities need to be risk assessed in line with local policies and procedures.

<p>1. Keep up the balloon</p> 	<p>2. Paint pictures</p> 	<p>3. Yoga/Dance routine</p> 
<p>4. Tie dye / paint shirts</p> 	<p>5. Gardening</p> 	<p>6. Make jewellery</p> 
<p>7. Write about `me`</p>  <p>About Me</p> <p>Add your picture here</p> <p>My name is _____</p> <p>I am _____ years old.</p> <p>My hair is _____ and my eyes are _____</p> <p>My best friends are _____</p> <p>When we are together we play _____</p> <p>In my free time I like to _____</p>	<p>8. Paper aeroplanes</p> 	<p>9. Musical games</p> 
<p>10. Cooking / Baking</p> 	<p>11. Plan recipes</p> 	<p>12. Chalk in garden</p> 
<p>13. Giant bubbles</p> 	<p>14. Sports day</p> 	<p>15. Disco</p> 

Activities to try

Activities to try



Roll forwards on the peanut ball on your tummy

In calm room or on mats



Roll backwards on the peanut ball on your back

In calm room or on mats



Blow bubbles



March or run around the garden



Put on a body sock



Do some drumming



Do some deep breathing



Do some star jumps



Do some mopping, raking or sweeping



Stretch out an exercise band