



## BOREDOM BUSTING

## IDEAS FOR K-12



### ABOUT THIS BOOK

With more time spent at home, your kids are probably not sure how to burn through their extra energy! Keeping your children entertained throughout the day can be challenging, but with these fun ideas in your back pocket, your children are sure to find new & fun ways to stay entertained & learning. Some kids are raring to go & looking for high-energy activities, while others need something more calming that will help them unwind after a busy day. The activities below range from quiet to creative to energetic activities that kids of all ages can enjoy.

#### DON'T PANIC

Find yourself working from home & dealing with kids who are home from school too? Here are a few activities that can keep them busy, help them use their creativity & imagination & keep you all from going nuts!





# WRITE YOUR OWN FAIRYTALE



If your kids love to tell stories, this activity will provide them with a creative outlet. While the older children may enjoy writing out their tales, younger children can simply tell you the story aloud. Encourage as much detail as possible & maybe have your child create pictures to go along with the story. Have them work on the story to share with you during lunch.

What you'll need:

- A jar or bowl
- Printed storytelling prompts

## ACTIVITIES

## FOR K-3

### PAPER BAG PUPPET SHOW

Help your children put together simple puppets using paper bags, & then encourage them to come up with their own puppet show for you to watch. You can keep it simple or get out all the craft supplies!

What you'll need:

- Paper bags
- Paint
- Crayons, colored pencils or markers
- Colored paper
- Child-safe scissors
- Glue



### CREATE CRAZY CAPTIONS

Help your child expand their vocabulary by using rhymes, alliteration, & tongue twisters to make creative & fun captions for old family photos or magazine images. No description is too silly! Simply have your child pick out some pictures & glue them into a notebook or onto a page. Then have them get creative with the captions.



What you'll need:

- Family photos or old magazines & catalogs
- Glue
- A small notebook, poster board, or several sheets of plain paper plus construction paper
- A stapler
- A pencil or pen, colored pencils, or markers

### MAKE CLAY

Make your own clay with four simple ingredients. It's that easy & fun! Everything you need is already in your kitchen. Kids can add as much food coloring as they want to make light or bold colors, or create their own hues.

What You'll Need:

- 2 cups baking soda
- 1 cup cornstarch
- 1 1/4 cups water
- Food coloring
- Wiggle eyes, feathers, chenille sticks, craft sticks, pompoms (optional)



What You'll Do

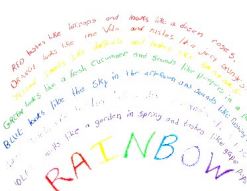
- Pour the baking soda, cornstarch, & water in a pot.
- Cook the mixture over medium heat, stirring until it looks like mashed potatoes.
- Let the clay cool, then divide it into four pieces.
- Add food coloring & knead until smooth.
- Turn your clay into amazing shapes & fun things. Add wiggle eyes, feathers, & other craft supplies to make cute critters! Leave your art in a sunny place to dry.

### RAINBOW POEM

This activity uses the colors of a rainbow to help teach your child how to create a poem. Have your child choose the colors of his rainbow, & then come up with descriptions of each color.

What you'll need:

- Paper
- Crayons, colored pencils or markers





## RELAXATION JARS

Also known as “calm down jars,” these creations are as useful as they are lovely. Using warm water, glitter glue & a hot glue gun, your child can create a jar using their favorite colors. Relaxation jars are a unique way to teach your child how to self-regulate their emotions by looking at her jar when they feel overwhelmed & they are ideal for the anxious child. Who is it good for? Since you do need warm water & a hot glue gun, this activity is best for elementary school children to create with adult supervision. You may even want one for yourself!

What you'll need:

- A container (pint-sized Mason jars are great, but you can use a empty soft drink container, plastic jar - pretty much anything that is clear & has a lid).
- Warm water
- Glitter Glue (1.8 fl oz)
- A hot glue gun (to seal the lid if you wish to avoid spills)



Directions:

- Add warm water to your jar or bottle until it reaches around a third of the way up.
- Add the glitter glue & stir until it combined with the water.
- Add around 3 drops of food color & stir
- Pour in the glitter!
- Top up your jar with the rest of the warm water, until it is almost full.

## GRADES 4-7

# ACTIVITIES

## LEMON VOLCANOES

This activity is full of frothy fun, & it smells good, too! Children will learn how the chemical reaction created by mixing citric acid & baking soda results in a bubbly volcano. This activity is a ton of fun for elementary aged-kids, but early middle school-aged kids would love it, too. What you'll need:

- Lemons I recommend 2 lemons per volcano
- Baking Soda
- Liquid Watercolors/ Food Coloring
- Craft Stick or spoon

### DIRECTIONS

- Use a craft stick or spoon to break up/partially scoop out the inside of the lemon.
- Add a few drops of food coloring to the inside of the lemon.
- Pour some baking soda on top of the lemon.
- Use the craft stick to mix the baking soda with the inside of the lemon.
- Keep mixing with the knife periodically, & adding more baking soda, until the reaction stops.



## TOOTHPICK TOWERS

This two-ingredient activity encourages problem-solving as children try to keep their structures from collapsing. When the structures fail to hold, the real learning begins. Who is it good for? This activity would likely be too frustrating for very young children so it is best suited for kids in elementary or middle school.

What you'll need:

- Toothpicks & Mini Marshmallows



## I SCREAM FOR ICE CREAM

Have your kids make their own ice cream in a bag in only five minutes. Using ice cubes, half & half, sugar & the flavorings of their choice, this one is as delicious as it is fun. The best part? Eating their ice cream straight out of the bag!

Who is it good for? This activity requires some supervision in the beginning for younger children, but it's a winner with any kid of any age who likes ice cream. (That includes you!)

What you'll need:

- 2 tablespoons sugar
- 1 cup half & half
- 1/2 teaspoon vanilla extract
- 1/2 cup salt (kosher or rock salt works best)
- Ice cubes (enough to fill each gallon-size bag about half full)
- 1 pint-size zip-lock bag
- 1 gallon-size zip-lock bag



DIRECTIONS:

Put a scoop of ice, 3 tablespoons ice cream rock salt, & the bag containing the milk-cream mixture into a gallon-size resealable plastic bag; seal tightly. Rock the bag back & forth (do not shake) until contents thicken into ice cream, about 10 minutes.

Being cooped up inside can be frustrating, both mentally & physically. Take a few moments each day to step away from what you are doing & try yoga individually or as a family. YouTube is filled with wonderful & simple guided exercises for every level & ability. Try this 20-minute practice & get ready to light a fire in your core. Roll out your mat today & wake up third chakra energy for confidence, strengthen the back for a healthy spine, & recognize the beauty within.

## DO YOGA

GRADES 8-12

# ACTIVITIES



## DIY SHARPIE TIE DYE

Tie Dye is not only one of the hot trends of 2020, it is a great way to refresh an item you already own. Encourage your teen to grab a pair of canvas shoes, a tote bag, or even a shirt that they don't wear often. The process can take as much or as little time as you would like...it all just depends on how intricate you want your designs to be.

What you'll Need

- Colorful set of Sharpie markers
- Plain white canvas or cotton item
- Rubbing alcohol
- Spray bottle
- Masking tape

INSTRUCTIONS

- Cover any parts you do not want dyed with masking tape to keep the colors from running onto it.
- Use the Sharpie markers to color your design on your item.
- Use spray bottle with rubbing alcohol to make the colors run & bleed.
- Allow to dry.
- Repeat if necessary, until you're happy with the results.



## START A JOURNAL

For teenagers, writing in a journal regularly helps foster a love of writing & build excellent writing skills. However, your teen may be challenged to figure out what to write about. If they can't think of something interesting to write about, they might not even try. That's where creative writing prompts can help. Further, journaling offers excellent mental health benefits for kids, teens, & adults. Beyond these benefits, writing in a journal uses both sides of the brain & helps to encourage free flow thinking & daily writing. Help get teens writing in their journals more often with these teenage journal topics.

### JOURNALING TOPICS

- Discuss your happiest memory.
- What's the best song you've ever heard?
- What calms you down when you're feeling upset?
- What is the best compliment someone has ever given to you?
- What is something in your life you feel you can't live without?
- Describe your most exciting & joyous life experience.
- What is the most challenging thing you've ever faced in your life?
- When you become a parent, what will you do differently than your parents?
- Is there a line between insanity & creativity?
- Describe what you think your life will be like in ten years.
- What is one thing that you feel you do really well?
- What are your pet peeves?