

“Mom, I’m Bored! What Can I Do?”

How many times do we hear this over the summer? During our children’s lifetime, for that matter? This summer, when you hear it, send your children to The Bored Bowl!

The following list contains ideas for those moments when your child is at a loss for what to do next. Remember: that is all “I’m bored” means. Learning what to do to occupy one’s self is a skill children must learn. When we solve the problem of idleness for them, *decide for them*, we deny children an opportunity to *learn how to decide for themselves*. Providing ideas, then allowing children to choose, teaches them how to create interest and activity.

Print the list. Have your child cut it so there is one idea on each strip. Fold the strips and drop them into a bowl or other container. When you hear the inevitable “Mom! I’m bored!” ...send your child to the bowl. Each activity can be done with as much or as little parental involvement as wanted.

Count the money in Mom or Dad's wallet.

Write 5 sentences. Use a number word in each sentence.

Make something in the kitchen using measuring cups.

Go outside and make a list of all the yellow things you can find. Make a poster of drawings of your "yellow things".

Write the numbers from 1 to 100.

Fill the sink with water. Put a towel down on the floor. Gather objects that can get wet. Predict which ones will sink and which will float. Test your predictions.

Read a book. Design a new cover for it.

Write a story about your pet or a pet you would like to have. Illustrate your story.

Find an object in your house that begins with each letter of the alphabet.

Use only the letters in your name to make as many new words as you can think of.

Write the numbers by 5's to 150.

Make words belonging to the ___ig family. Read your list to someone. Write a story with those words.

Make a scrapbook of animal pictures.

Go outside. Find *four rough things, four smooth things, four soft things, four hard things.*

Write the numbers from 101 to 200.

Make a card for a relative you have not seen in a while. Mail it to them.

Read a book. Make a list of all the ACTION words (jump, baked, looks...).
Can you find synonyms for all of them?

Write the vowels on a sheet of paper. Think of three words for each vowel sound.

Correctly spell as many color words as you can think of. Check them with a dictionary.

Make little signs to name things in your room. Put them where they belong.

Draw a picture of something outside. Write three sentences about it.

Read a story to someone. (Or read into a tape recorder.)

Write a letter to someone.

Count out loud from 200 to 300.

Have you gone to the library recently??????

Write all the number facts that will add up to 6. (Remember, you can add more than 2 numbers at a time!)

Write 5 sentences. Use a color word in each sentence.

Write the numbers by 2's to 50. (2, 4, 6 ...)

Cut out words from the newspaper or magazines, one for each letter of the alphabet.

Find pictures of objects that, when matched, make a compound word. *For example, a horse + a shoe = a horseshoe; a tree + a house = a treehouse.*

Write the numbers 201 to 300.

Make words from the ___**op** family. Write a story with the words you thought of.

Make a list of everything you can find that is orange.

Cut words out of a magazine. Make sentences out of them, gluing the word in its place in the sentence.

Begin at 34. Count as far as you can by 10's.

Go outside. Find out which direction is *North, South, East, and West*. Write what you see when you face each direction. Illustrate.

Write any 15 numbers between 1 and 100. Cut them out. Mix them up. Arrange them from least to greatest. Mix them up again. Arrange from greatest to least.

Cut out pictures from a magazine—one for each letter in your name.

Write the numbers from 301 to 400.

Write all the number facts you can think of that have 10 for the sum. (Remember, you can add more than 2 numbers at a time!)

Cut out the front of an old cereal box or a picture from a calendar. Cut it into puzzle pieces and put it together.

Make words from the ___ake family. Read the list to someone. Write a story using the words. Illustrate it.

Make a list of as many compound words as you can.

Count out loud from 400 to 500.

Have someone give you three directions and see if you can do them in the correct order. *Example: Clap your hands 5 times; Go look out the window and say one thing you see; Write your name on a piece of paper.*

Write all the number facts you can think of that have 12 as the answer.

Cut pictures of foods. Make 5 categories: *Dairy Products, Meats, Fruits & Vegetables, Breads & Cereals, and JUNK.*
Arrange the pictures in the right category.

Cut out an article from the newspaper or a magazine. Circle all the words that name *a person or a place.*

Cut out an article from the newspaper or a magazine. Circle all the words that name *things.*

Ask Mom or Dad to give you some change. See if you can count it.

Find objects in your home that begin with **CH**. Make a list of them and then use each word in a sentence.

Write the numbers from 900 to 1000.

Write as many words as you can that describe ice cream...a puppy...your bed.

Go on a nature walk. Find 5 to 10 objects. Write describing sentences about each object. Read your sentences to someone and see if they can guess what you are describing.

Make a list of words in the ___ike family. Read your list to someone and then write a story with the words.

How many ways can an animal move? List as many as you can think of. (trot, slither, creep...)

Plant something outside or help take care of a garden.

Make a sandwich. Cut it in half, then cut it into fourths.

Go on a nature hike. Collect things and put them into a picture or make a diorama out of them.

Pretend you are a giant. Write a story about your day at the beach.

Write 3 sentences that end with a ".". Write 3 that end with a "?" and 3 that end with a "!".

Count out loud from 3 to 153 by 10's.

Find objects in your house that begin with the sound of **SH**. Draw a picture of each one and label it.

Make price tags for several things in your room. Make some play money (or use money from your piggy bank) and use it to buy the things in your play store.

Look at a map of Kentucky. Make a list of the lakes and rivers in our state.