Boredom jar slips: 1 to 30

Cut along the red lines, fold and drop in a jar

Bake cookies from scratch	Draw a 6-panel comic strip	Build a cardboard marble run
Learn 3 real card tricks	Make a zine from 1 sheet	Design your own board game
Invent a new sandwich	Build a blanket reading fort	Write a letter to a cousin
Learn to juggle 2 rolled socks	Make a stop-motion short	Sort one junk drawer for $2
Sketch the view from a window	Build the tallest card tower	Teach the pet a new trick
Make homemade hot cocoa	Write 10 jokes for dinner	Draw your house floor plan
Make friendship bracelets	Build a domino chain track	Read a chapter in a weird spot
Run a blind snack taste test	Fix something loose or wobbly	Paint 5 rocks for the yard
Cook tonight's side dish	Origami crane race (5 min)	Make a paper airplane fleet
Memorize a 20-line poem	Build a Lego bridge that holds	Take apart an old broken clock

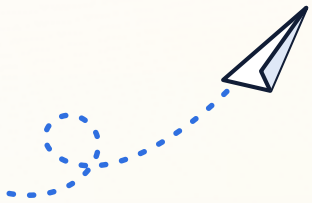
Boredom jar slips: 31 to 60

Outside, active and big-project slips

Bike around the block 5 times	Shoot 50 baskets or wall passes	Chalk a giant obstacle course
Find 10 different leaf shapes	Skip rocks at the nearest pond	Walk the dog an extra block
Wash the car or hose the bikes	Start a backyard kickball game	Time a 1-mile run or walk
Build a stick fort in the yard	Try backyard mini golf (3 holes)	Watch the clouds for 20 min
Plant herbs in an old cup	Spot 5 different birds outside	Jump rope to 100 without stops
Practice 10 minutes on an instrument	Organize your bookshelf by color	Plan Saturday's family dinner
Interview a grandparent on paper	Make a backyard scavenger hunt	Learn 10 words in Spanish
Clean and oil your bike chain	Make a treasure map for a sibling	Play a full board game to the end
Read 25 pages outside on a towel	Set a paper-ball trash-can record	Draw a poster for your bedroom
Invent a 2-player ball game	Make a time capsule for next year	Do nothing at all for 15 minutes

30 things to do when you're bored

No screens. Ages 9 to 13.



- [ ] Bake cookies from scratch
- [ ] Build a blanket fort
- [ ] Draw a comic about the dog
- [ ] Race 10 paper planes
- [ ] Make friendship bracelets
- [ ] Learn three card tricks
- [ ] Paint rocks for the garden
- [ ] Write a letter to Grandma
- [ ] Learn a song on the piano
- [ ] Teach the dog a trick
- [ ] Bike to a friend's house
- [ ] Build a bird feeder
- [ ] Chalk an obstacle course
- [ ] Find 10 different leaves
- [ ] Skip rocks at the park
- [ ] Plant something that grows fast
- [ ] Build a marble run from boxes
- [ ] Fix the chain on your bike
- [ ] Make dinner for the family
- [ ] Invent a new sandwich
- [ ] Learn to juggle
- [ ] Memorize a funny poem
- [ ] Read a whole book in a day
- [ ] Start a sketchbook
- [ ] Play a board game to the end
- [ ] Start a street kickball game
- [ ] Make a stop-motion movie
- [ ] Take apart an old gadget
- [ ] Watch the clouds for 20 minutes
- [ ] Do nothing at all, on purpose