

Boredom buster activity jar

At the moment, we're having to spend a lot of time indoors **but it doesn't have to be boring!**

In each of the blank spaces below, write an activity idea, cut it out, fold it up and put it into your jar. We've done the first few for you.



A pen and paper

An empty jar

Scissors
(make sure to ask for an adult's help when using it)

Plenty of creativity

Do 20 star-jumps	Name an animal for every letter of the alphabet
Say the four times table as fast as you can	Write a quiz for your family
Say the alphabet backwards	Play the 20 questions game with your family

Finished?

Great! Every time you feel bored, restless or sad, close your eyes and choose an activity from the jar.

But don't stop there!

Every time you complete an activity, use some scrap paper to add a new one.

Bonus task:

why not create a colourful label for your boredom buster jar?!