


Have You...

 **B**een outside?

 **O**ffered to help?

 **R**ead or written something?

 **E**xercised?

 **D**one something creative?



# SUMMER BOREDOM BUSTER CHALLENGE

How many can you check off?



## Be outside

- ☐ Have a backyard picnic
- ☐ Explore a nature trail
- ☐ Build a bird feeder
- ☐ Plant a garden
- ☐ Have a lemonade stand
- ☐ Play with water balloons
- ☐ Picnic in the park
- ☐ Go on a nature scavenger hunt



## Offer to help

- ☐ Help with yard work
- ☐ Prepare meals
- ☐ Volunteer locally
- ☐ Fix something
- ☐ Donate old clothes
- ☐ Clean up a local park
- ☐ Help a neighbor
- ☐ Set the table
- ☐ Sort clean laundry
- ☐ Organize toys



## Read (or write!)

- ☐ Listen to an audiobook
- ☐ Read under a tree
- ☐ Start a book club
- ☐ Read a magazine
- ☐ Read a play aloud
- ☐ Write a story
- ☐ Create a comic
- ☐ Start a journal
- ☐ Read to a pet



## Exercise

- ☐ Build an obstacle course
- ☐ Practice yoga
- ☐ Play hide-and-seek
- ☐ Play tag
- ☐ Go for a bike ride
- ☐ Take a hike
- ☐ Play kickball
- ☐ Play frisbee golf
- ☐ Jump rope
- ☐ Swing on swings



## Do something creative

- ☐ Build a fort
- ☐ Make a scrapbook
- ☐ Have an art show
- ☐ Take an art class
- ☐ Start a new collection
- ☐ Practice origami
- ☐ Have a puppet show
- ☐ Have a fashion show



<input type="checkbox"/> Fly a kite	<input type="checkbox"/> Sweep the floor	<input type="checkbox"/> Write a haiku	<input type="checkbox"/> Learn a dance	<input type="checkbox"/> Make a time-lapse video
<input type="checkbox"/> Watch the sunset	<input type="checkbox"/> Fold laundry	<input type="checkbox"/> Make a list	<input type="checkbox"/> Make a hopscotch	<input type="checkbox"/> Build a mini golf course
<input type="checkbox"/> Create sidewalk chalk art	<input type="checkbox"/> Help someone younger	<input type="checkbox"/> Write a letter	<input type="checkbox"/> Hula hoop	<input type="checkbox"/> Try a new hairstyle
<input type="checkbox"/> Have a water fight	<input type="checkbox"/> Wipe the kitchen counters	<input type="checkbox"/> Read in the dark with a flashlight	<input type="checkbox"/> Kick a ball	<input type="checkbox"/> Paint a picture
<input type="checkbox"/> Gaze at the clouds	<input type="checkbox"/> Help with a pet	<input type="checkbox"/> Play a word game	<input type="checkbox"/> Play 'Simon Says'	<input type="checkbox"/> Make a collage
<input type="checkbox"/> Catch frogs	<input type="checkbox"/> Make your bed	<input type="checkbox"/> Write a recipe	<input type="checkbox"/> Run around outside	<input type="checkbox"/> Build with LEGO
<input type="checkbox"/> Watch the birds	<input type="checkbox"/> Send a get-well-soon card	<input type="checkbox"/> Read to a sibling	<input type="checkbox"/> Play catch	<input type="checkbox"/> Mold with clay
<input type="checkbox"/> Find a four-leaf clover	<input type="checkbox"/> Help with dishes	<input type="checkbox"/> Write a song	<input type="checkbox"/> Climb a tree	<input type="checkbox"/> Design a card
<input type="checkbox"/> Splash in puddles	<input type="checkbox"/> Make a meal	<input type="checkbox"/> Make a crossword puzzle	<input type="checkbox"/> Jump on a trampoline	<input type="checkbox"/> Draw a maze
<input type="checkbox"/> Find a caterpillar	<input type="checkbox"/> Empty the trash	<input type="checkbox"/> Write a diary	<input type="checkbox"/> Play basketball	<input type="checkbox"/> Build a fairy garden
<input type="checkbox"/> Host an outdoor movie night	<input type="checkbox"/> Tidy up your bedroom	<input type="checkbox"/> Read a blog	<input type="checkbox"/> Go swimming	<input type="checkbox"/> Record a podcast
<input type="checkbox"/> Play 'Sardines'	<input type="checkbox"/> Clean your desk	<input type="checkbox"/> Write and perform a play	<input type="checkbox"/> Play soccer	<input type="checkbox"/> Design a bookmark
<input type="checkbox"/> Go geocaching	<input type="checkbox"/> Wipe the bathroom sink	<input type="checkbox"/> Read a map	<input type="checkbox"/> Practice cartwheels	<input type="checkbox"/> Decorate a rock
<input type="checkbox"/> Take nature photos	<input type="checkbox"/> Plant a tree	<input type="checkbox"/> Write a thank-you note	<input type="checkbox"/> Do jumping jacks	<input type="checkbox"/> Make a bracelet
<input type="checkbox"/> Blow bubbles	<input type="checkbox"/> Put away groceries	<input type="checkbox"/> Read a mystery	<input type="checkbox"/> Skip rope	<input type="checkbox"/> Create a costume
	<input type="checkbox"/> Take out recycling	<input type="checkbox"/> Write a joke	<input type="checkbox"/> Try slack-lining	<input type="checkbox"/> Build a cardboard castle
	<input type="checkbox"/> Help with gardening	<input type="checkbox"/> Read in a fort	<input type="checkbox"/> Have a three-legged race	
		<input type="checkbox"/> Write an acrostic poem	<input type="checkbox"/> Play capture the flag	




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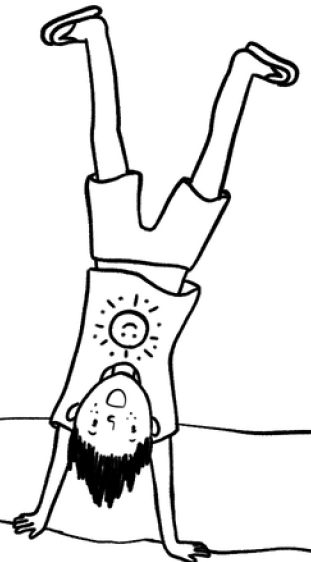
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Take a quick look at what's included based on your role:

 [For Schools & Educators \(PDF one-pager\)](#)

 [For Therapists & Mental Health Professionals \(PDF one-pager\)](#)

If you have any questions, email us at [support@biglifejournal.com](mailto:support@biglifejournal.com)

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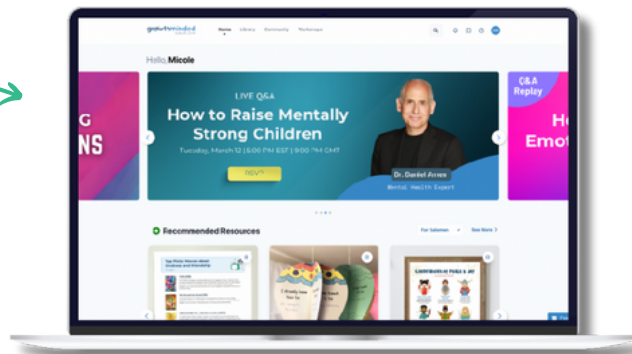
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