



Boredom Busters

THAT PROMOTE DOPAMINE





**Plan your
dream family
holiday**



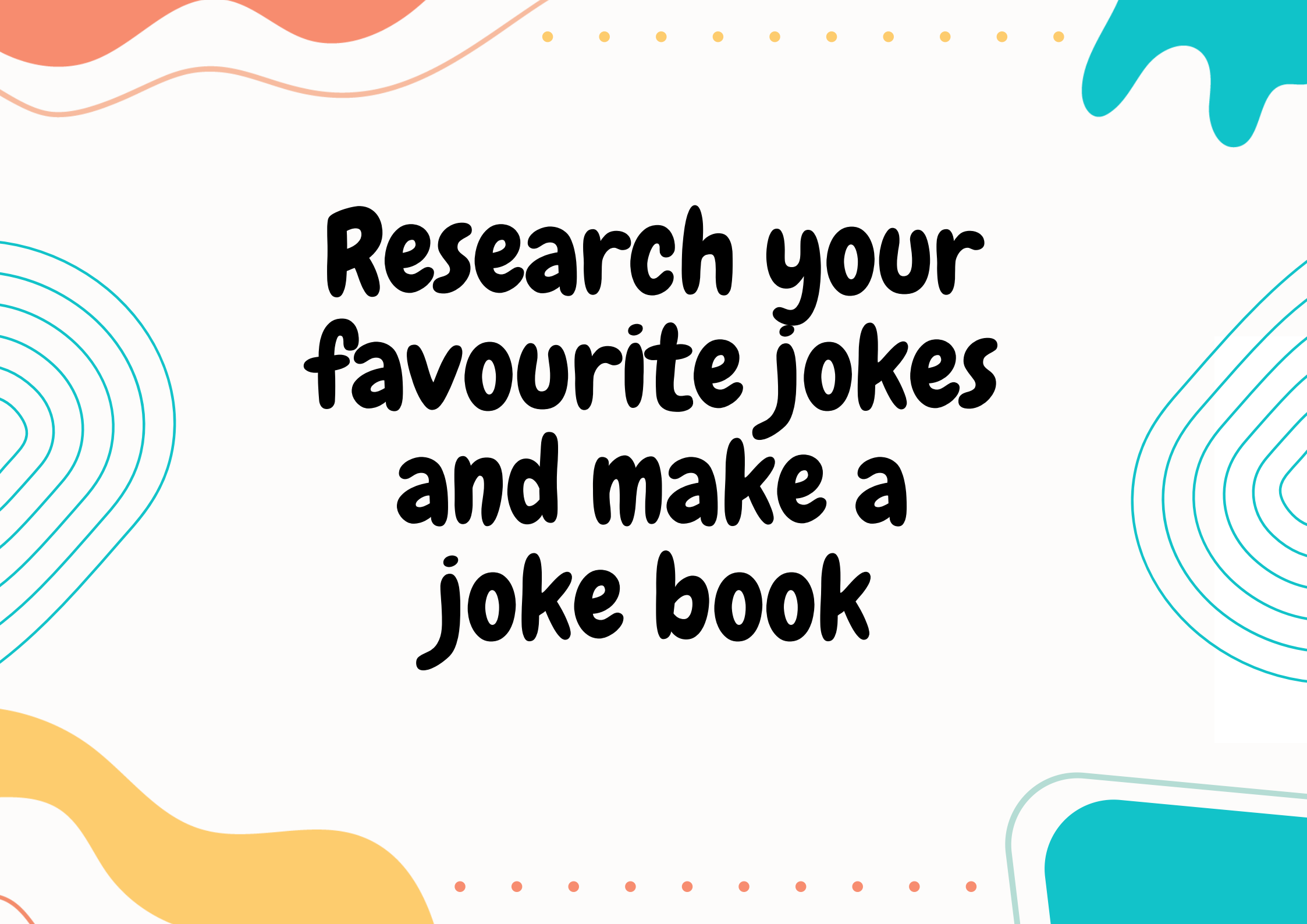
**Have a movie
night with
your family
and make props
to go with it!**



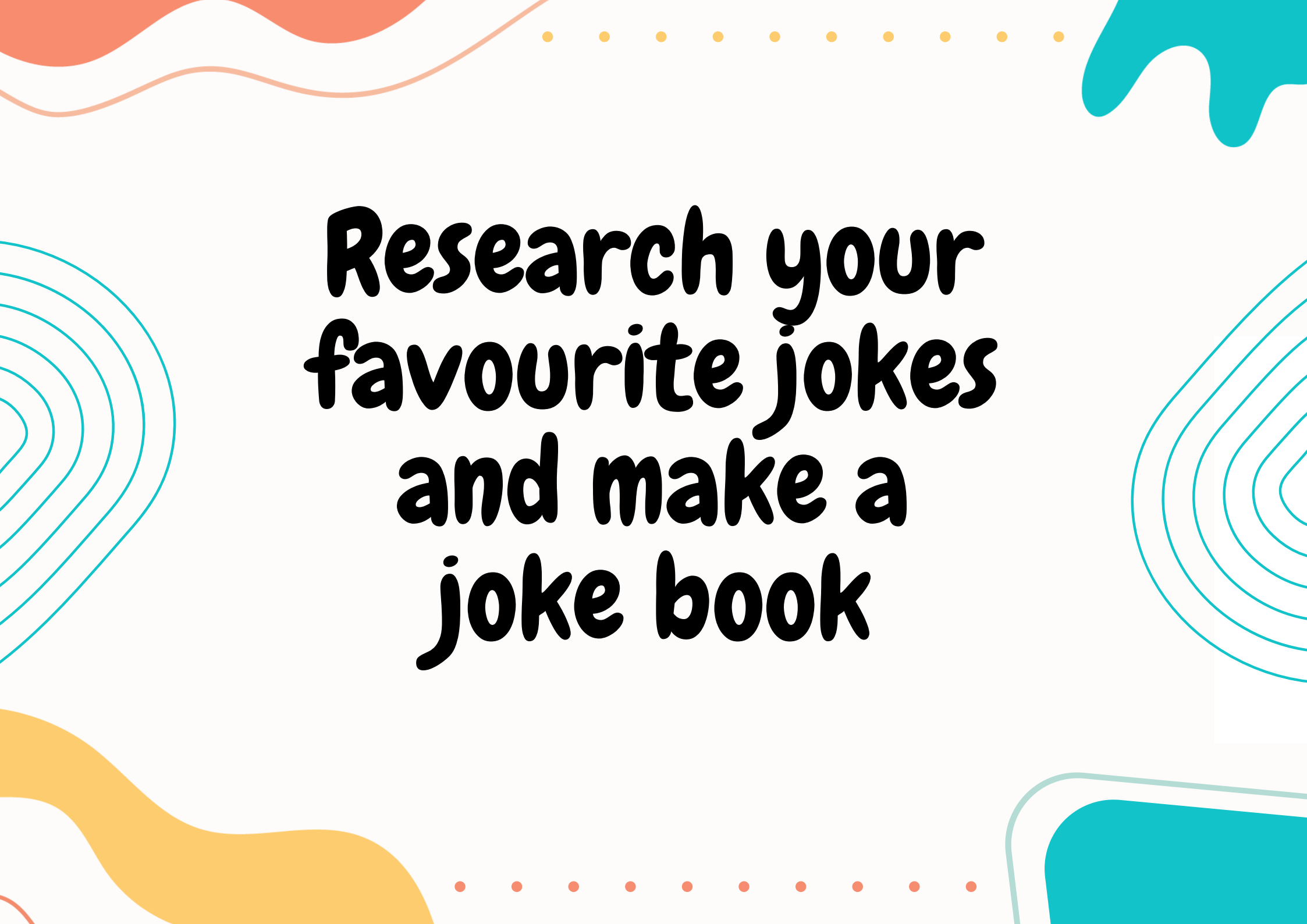
**Write your
Christmas list**



**Sort your
bookshelf by
colours**



**Research your
favourite jokes
and make a
joke book**





**Create a
hotwheels city**

The background features a white central area with colorful decorative elements. At the top, there are orange and teal wavy shapes and a horizontal line of yellow dots. At the bottom, there are orange and teal wavy shapes and a horizontal line of red dots. On the left and right sides, there are teal concentric curved lines resembling ripples or clouds.

Make cloud dough



Make play dough



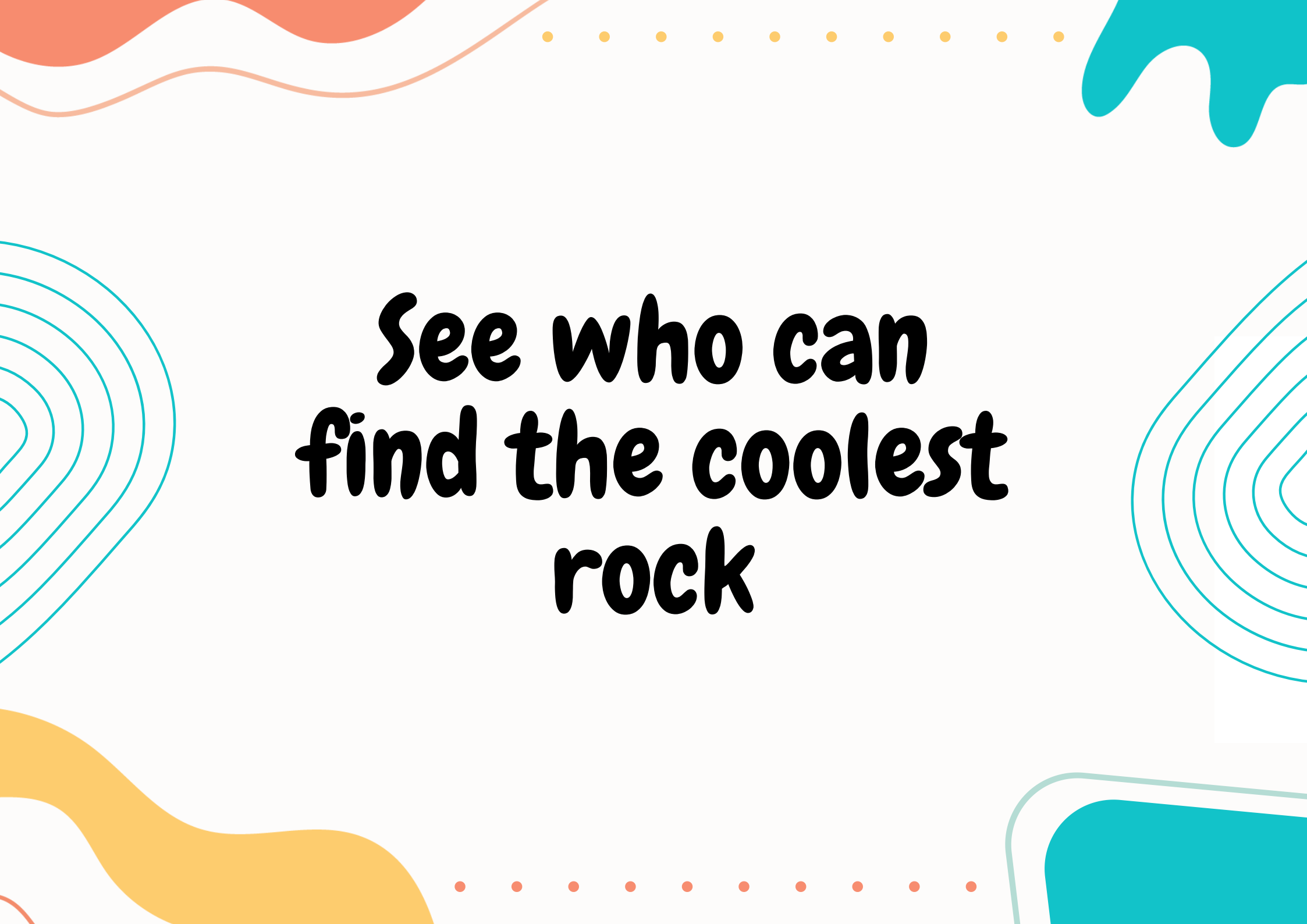
**Sort out a
whole packet
of beads by
their colours**



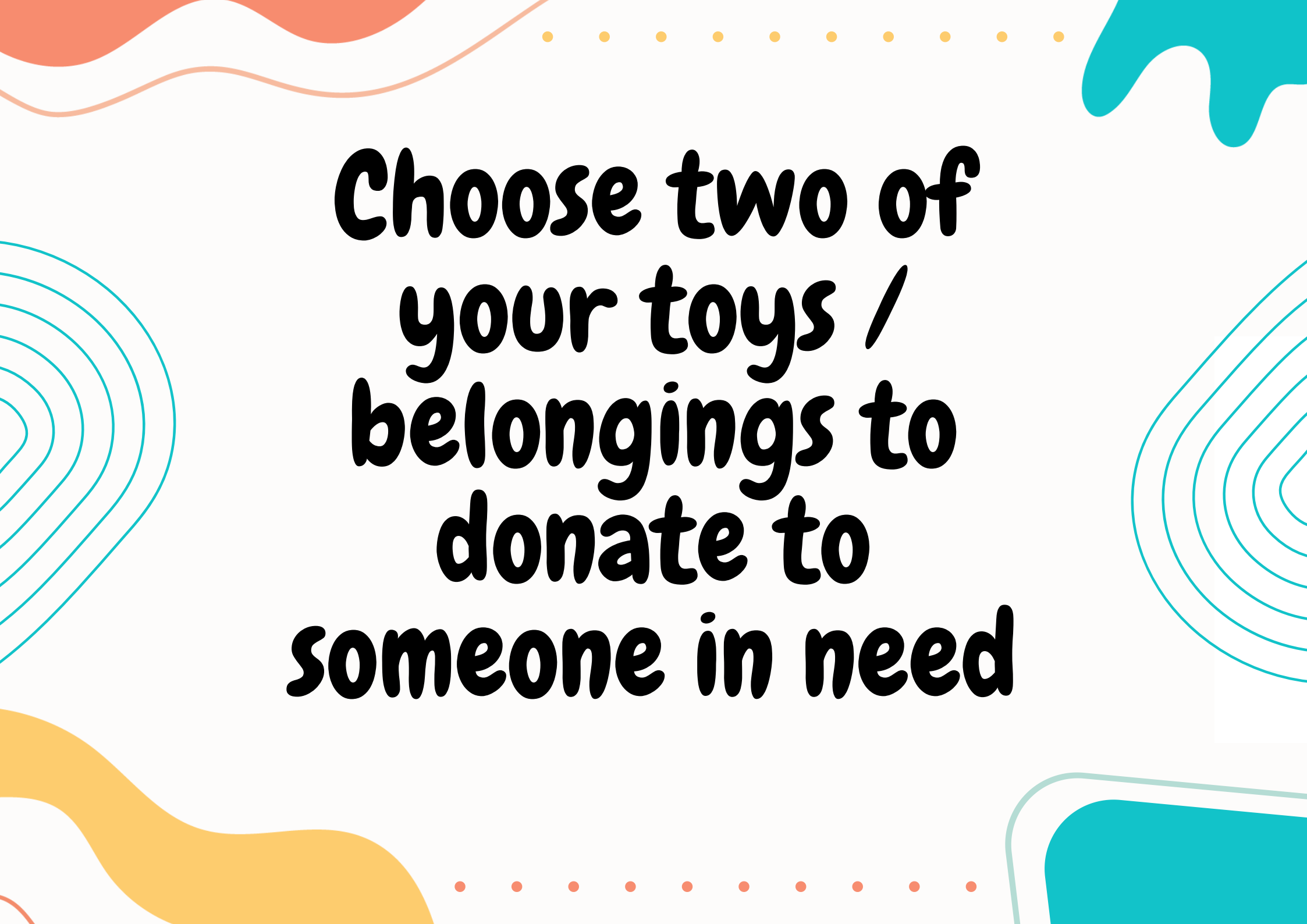
Diamond Art



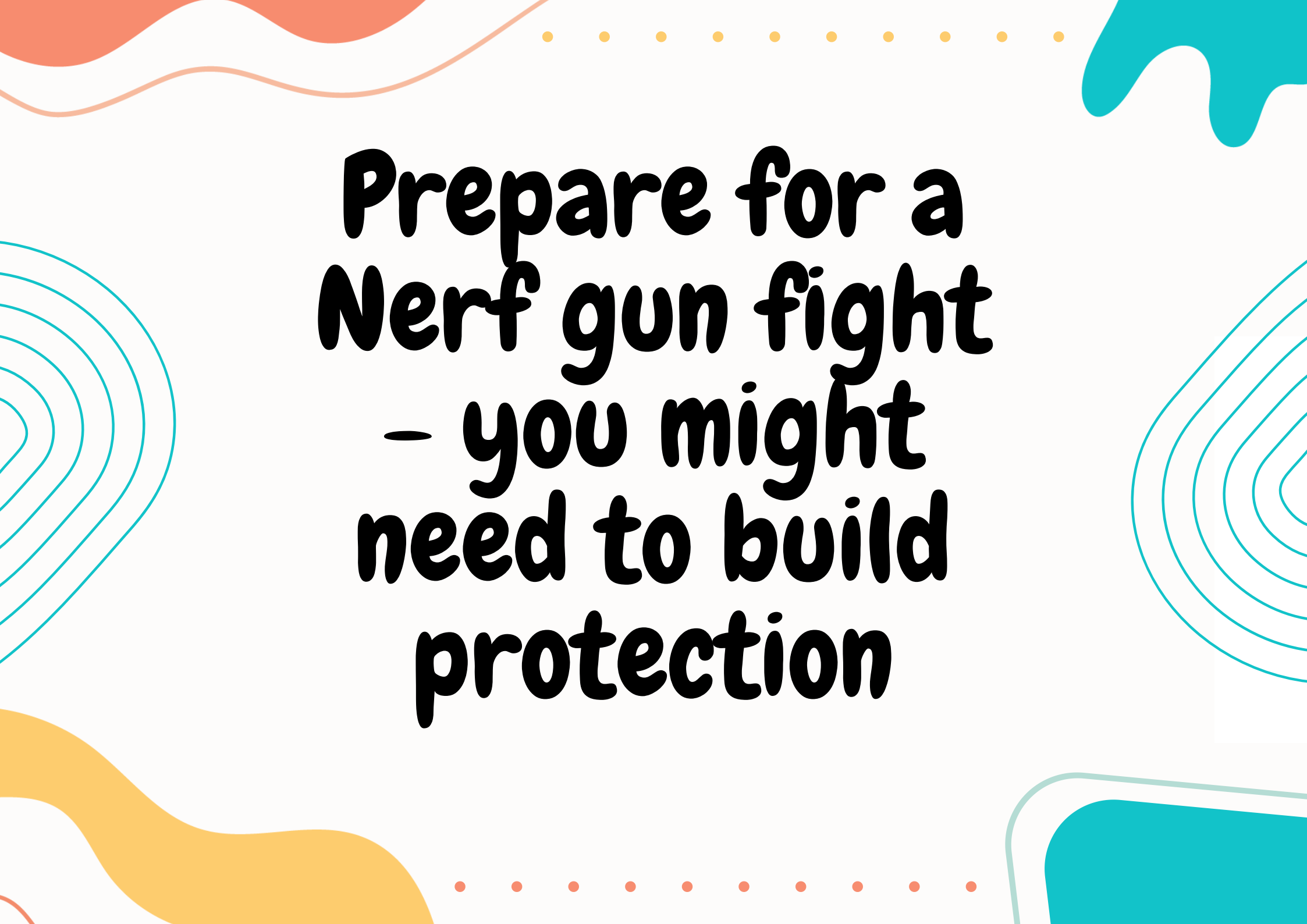
Colouring in



**See who can
find the coolest
rock**



**Choose two of
your toys /
belongings to
donate to
someone in need**



**Prepare for a
Nerf gun fight
- you might
need to build
protection**



**Swing on a
swing**



Bounce on an exercise ball

The background features a white base with various colorful decorative elements. At the top, there are orange and teal wavy lines. A horizontal line of yellow dots runs across the top. On the left and right sides, there are teal concentric circular patterns. At the bottom, there are orange and teal wavy lines, and a horizontal line of red dots.

**Bake a cake for
someone you
love**

The background features a white base with colorful abstract shapes. At the top, there are orange and teal wavy lines. A horizontal line of yellow dots runs across the top. On the left and right sides, there are teal concentric curved lines. At the bottom, there are orange and teal wavy lines, and a horizontal line of red dots.

Build a pillow fort



**Plan your entry
into a talent
contest**

The background features a white base with several decorative elements: orange wavy lines at the top left, a teal shape at the top right, teal concentric circles on the left and right sides, a yellow wavy shape at the bottom left, and a teal shape at the bottom right. Two horizontal rows of dots are also present: a top row of yellow dots and a bottom row of red dots.

**Plan your entry
into an art
contest**

The background features a white base with various colorful decorative elements. At the top, there are orange and teal wavy shapes. A horizontal line of yellow dots runs across the top. On the left and right sides, there are teal concentric circular patterns. At the bottom, there are orange and teal wavy shapes, and a horizontal line of red dots.

**Plan your entry
into a cooking
contest**



**Find a yoga
video on
Youtube and
follow along**



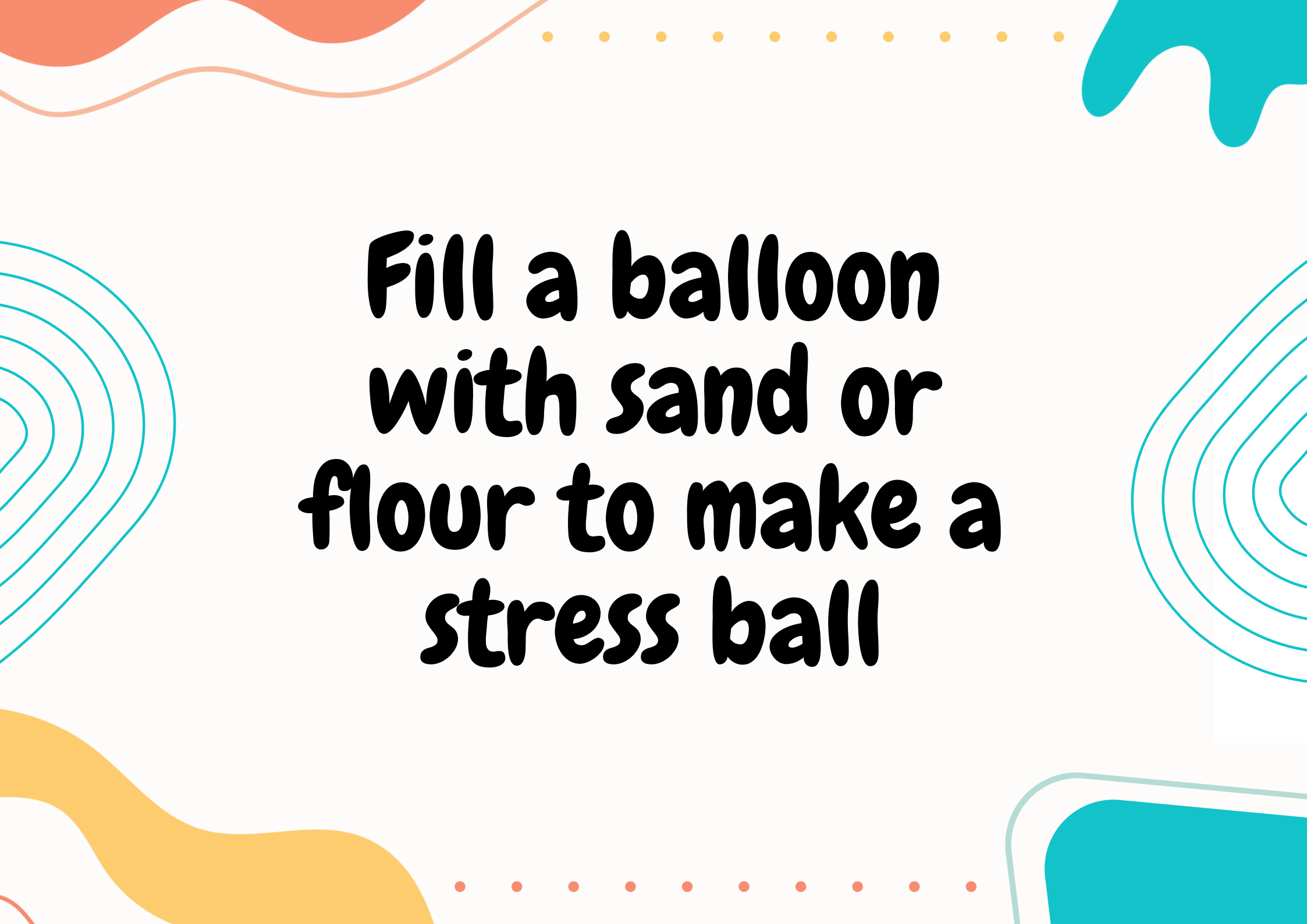
**Find a kids
karate lesson
on youtube and
follow along**



**Find a dance
lesson on
youtube and
follow along**



**Play keepy-
uppy with a
balloon, don't
let it hit the
ground**



**Fill a balloon
with sand or
flour to make a
stress ball**



**Research fidget
toys and find
your favourite**

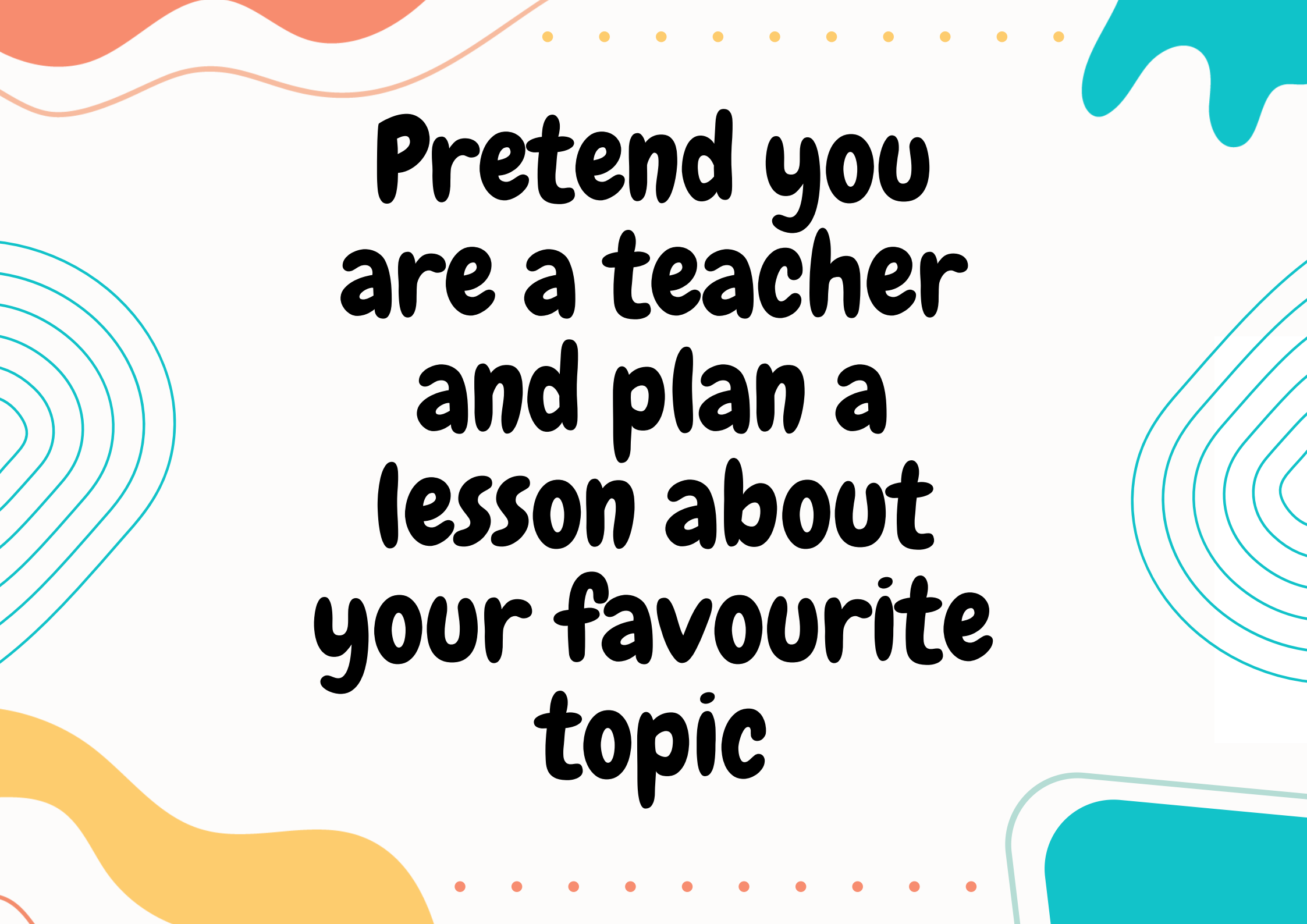


**Design your
dream
bedroom, you
might need to
google ideas!**



**Choose your
favourite
teddy or pet
and throw
them a party**





**Pretend you
are a teacher
and plan a
lesson about
your favourite
topic**




**If you could
hold a
fundraiser
what would it
be?**



Design your dream city in Minecraft

The background features a white central area with colorful decorative elements. At the top, there are orange and teal wavy shapes and a horizontal line of yellow dots. At the bottom, there are orange and teal wavy shapes and a horizontal line of red dots. On the left and right sides, there are teal concentric circular lines. The text "Create a box fort" is centered in a bold, black, sans-serif font.

**Create a box
fort**



**Eat a crunchy
snack!**

The background features a white central area with colorful decorative elements. At the top, there are orange and teal wavy shapes and a row of yellow dots. At the bottom, there are orange and teal wavy shapes and a row of red dots. On the left and right sides, there are teal concentric circular patterns.

**Make an
obstacle course
using 5 toys**

The background features a white base with various colorful decorative elements. At the top, there are orange and teal wavy shapes. A horizontal line of yellow dots runs across the top. On the left and right sides, there are teal concentric circular patterns. At the bottom, there are orange and teal wavy shapes, and a horizontal line of red dots.

**Look up Go
Noodle on
Youtube**



**Listen to a kids
podcast**



**Take a silly
selfie with
your family**

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**Prepare an art
exhibition for
your family**



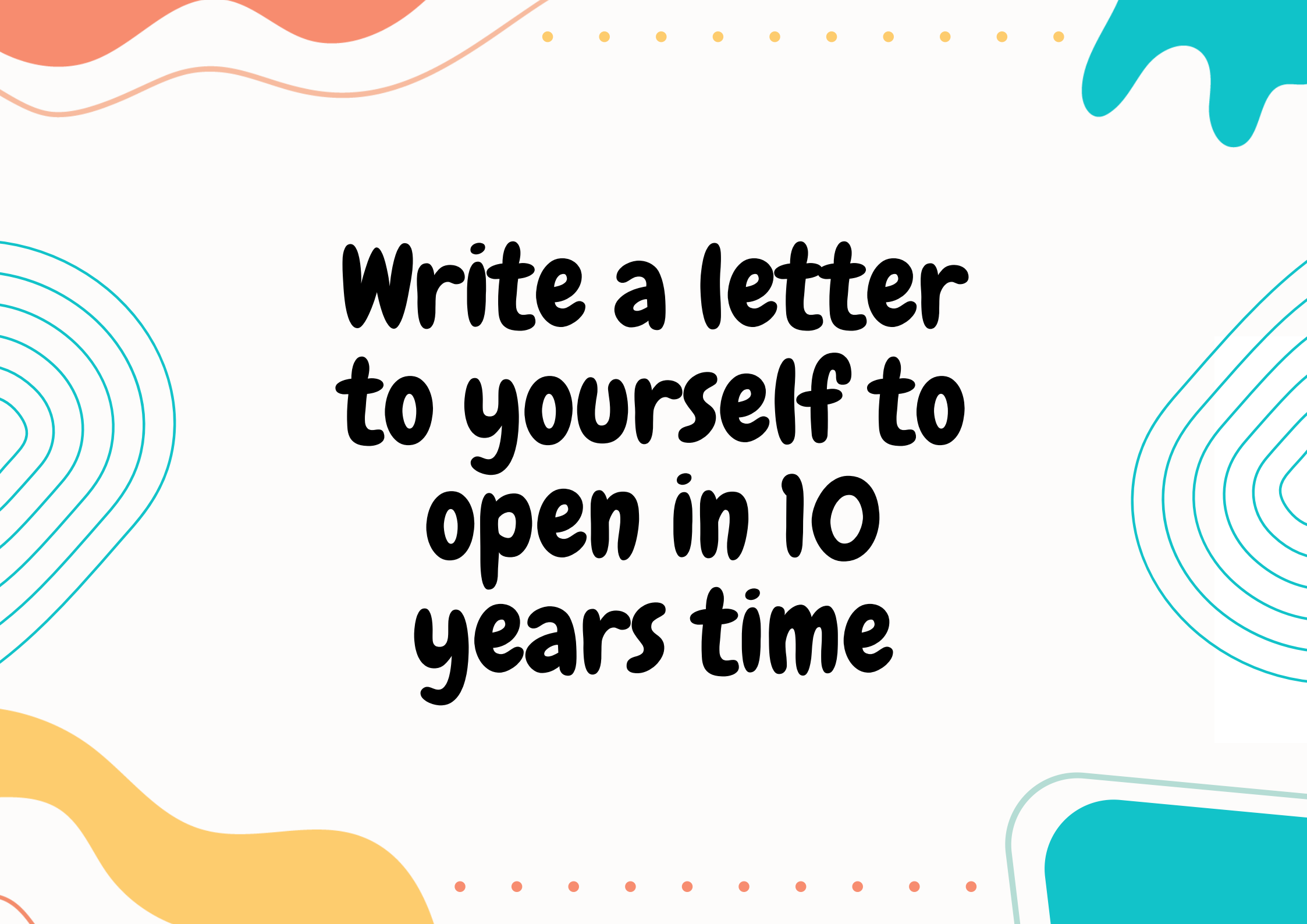
Plan a theme park



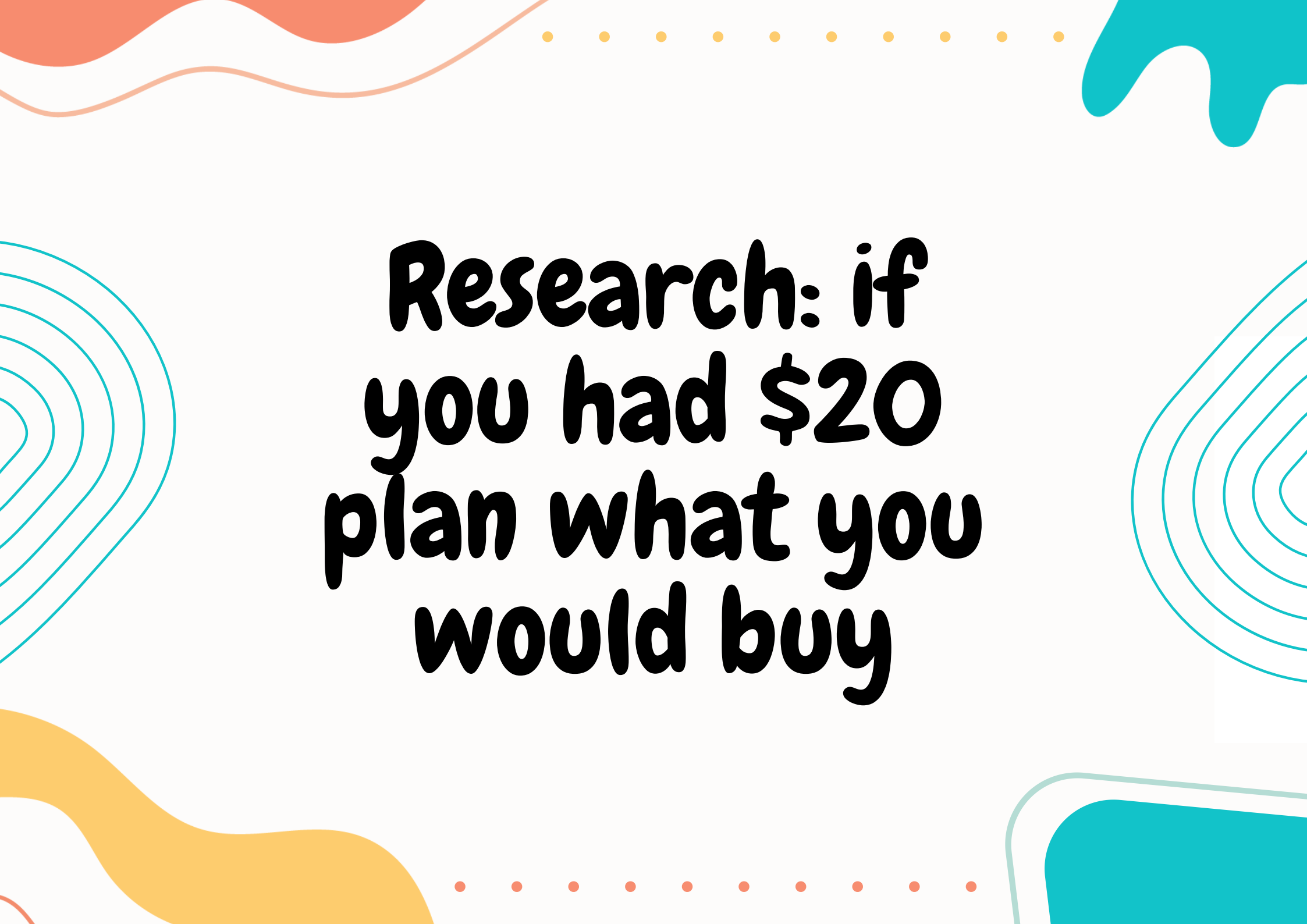
**Make a
sculpture using
recycled
materials**



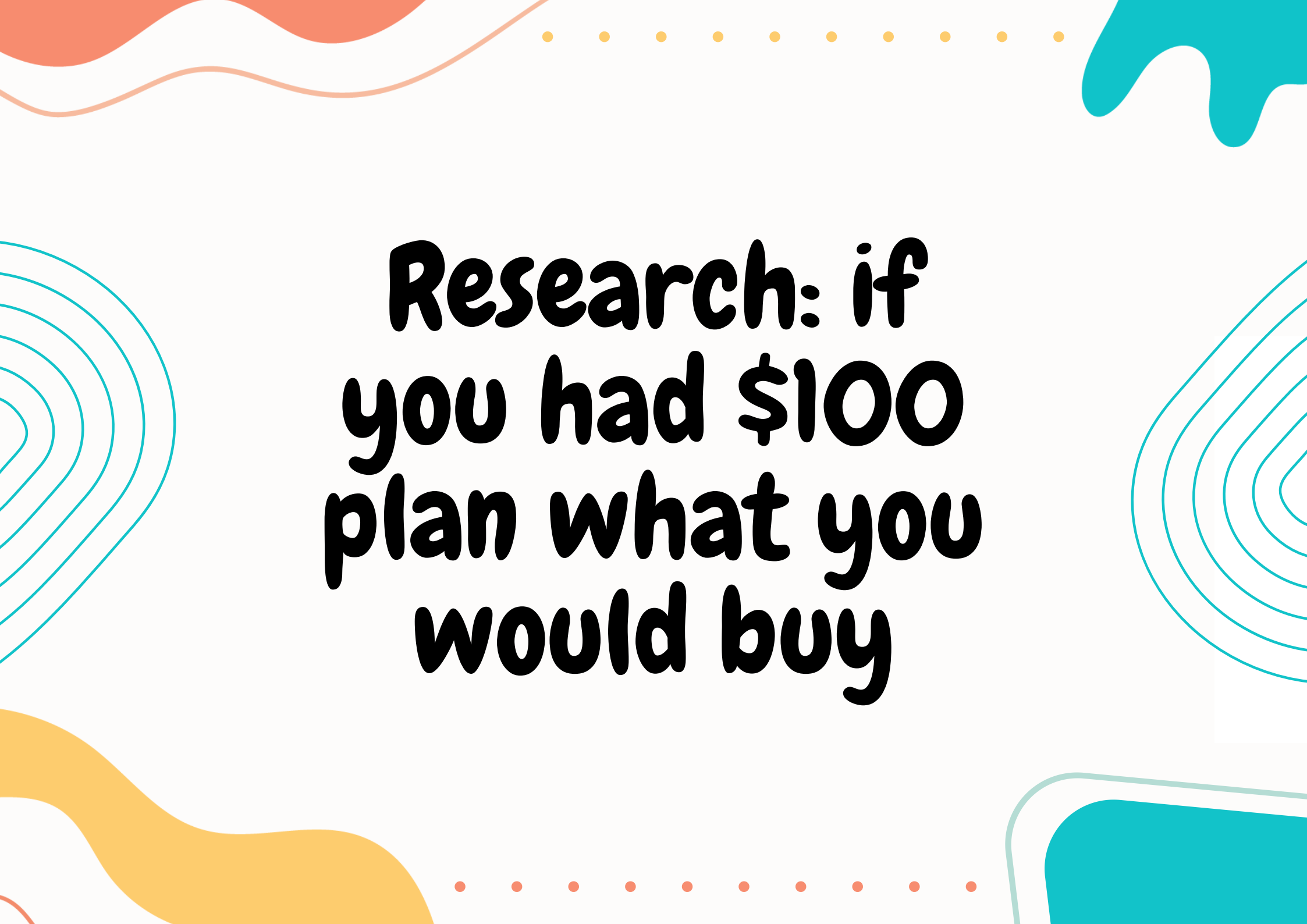
**Create a
scavenger hunt**



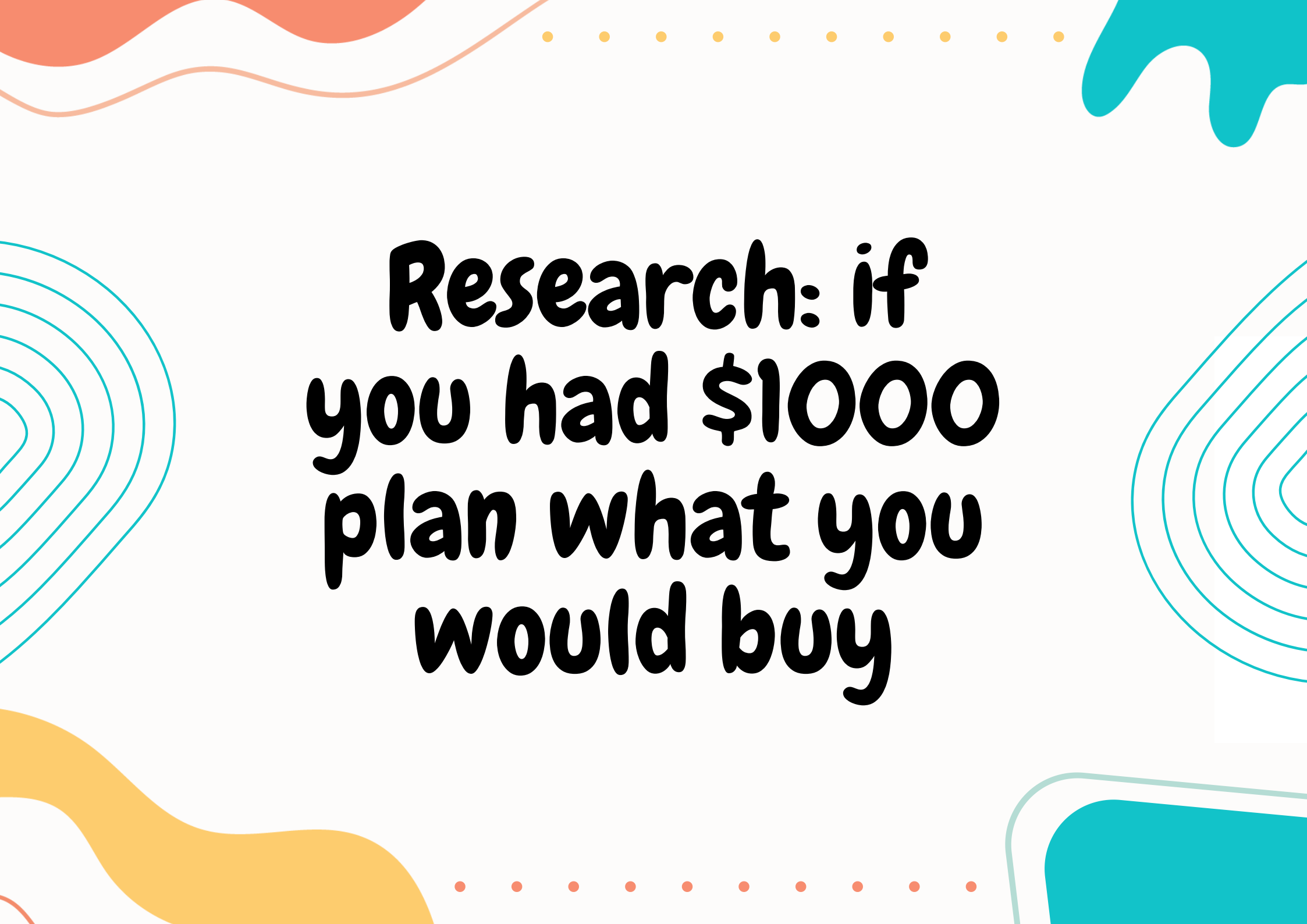
**Write a letter
to yourself to
open in 10
years time**



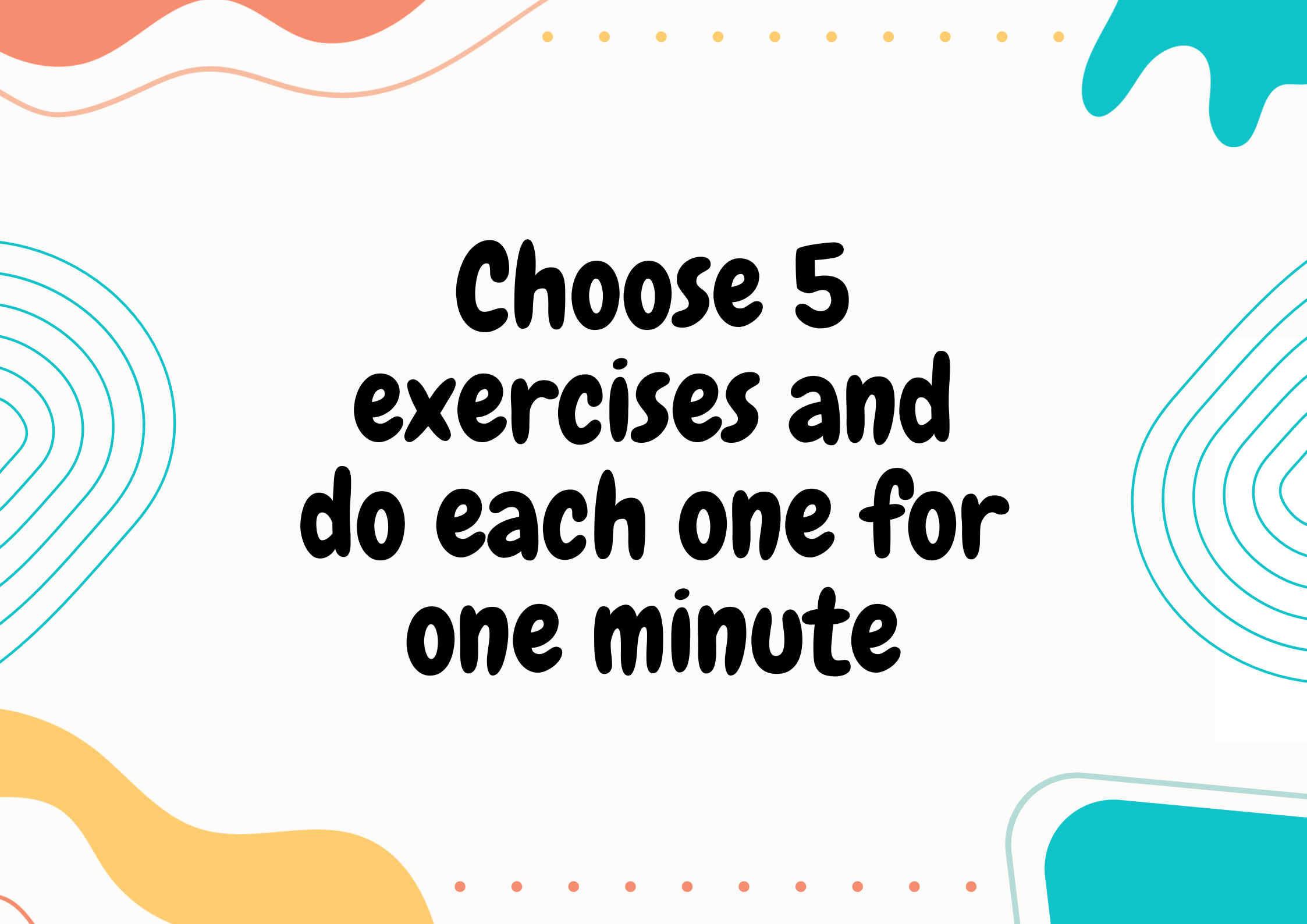
**Research: if
you had \$20
plan what you
would buy**



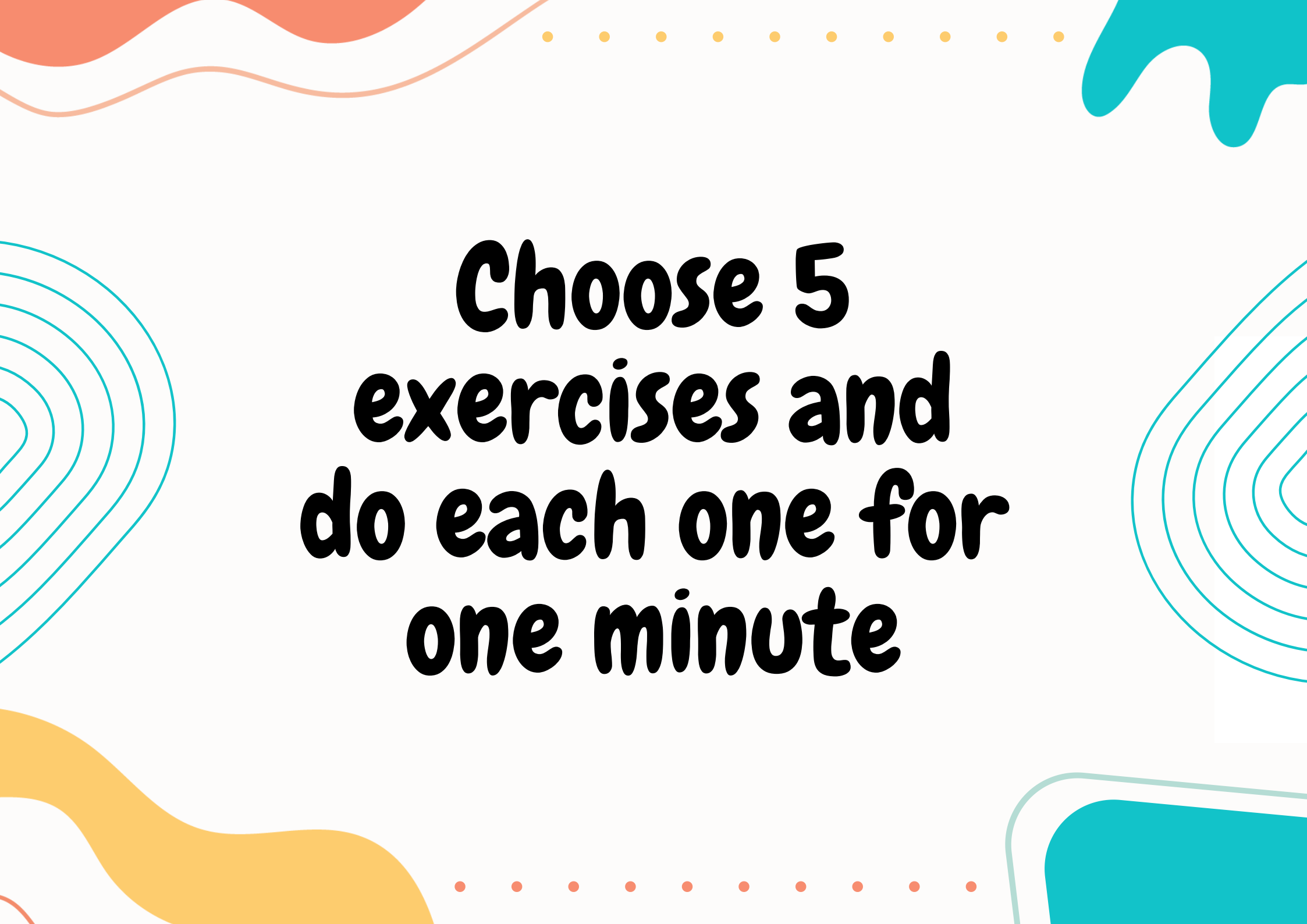
**Research: if
you had \$100
plan what you
would buy**



**Research: if
you had \$1000
plan what you
would buy**



**Choose 5
exercises and
do each one for
one minute**





**Use household
items to make
musical
instruments**



**Research hobbies
and choose 3 you'd
like to try. Make a
list of the
equipment you'd
need**