Boredom Busters
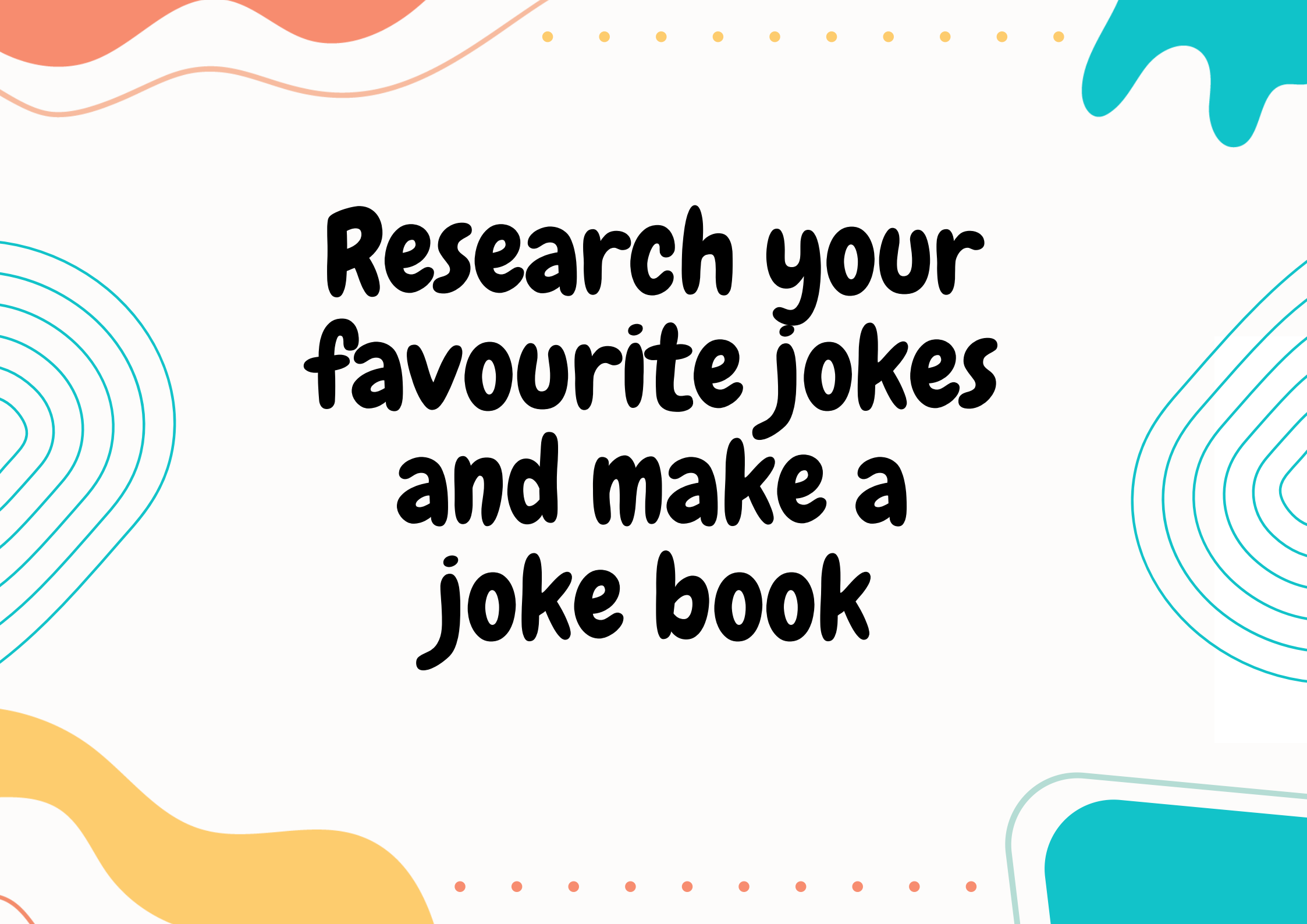
THAT PROMOTE DOPAMINE

Plan your dream family holiday

Have a movie night with your family and make props to go with it!
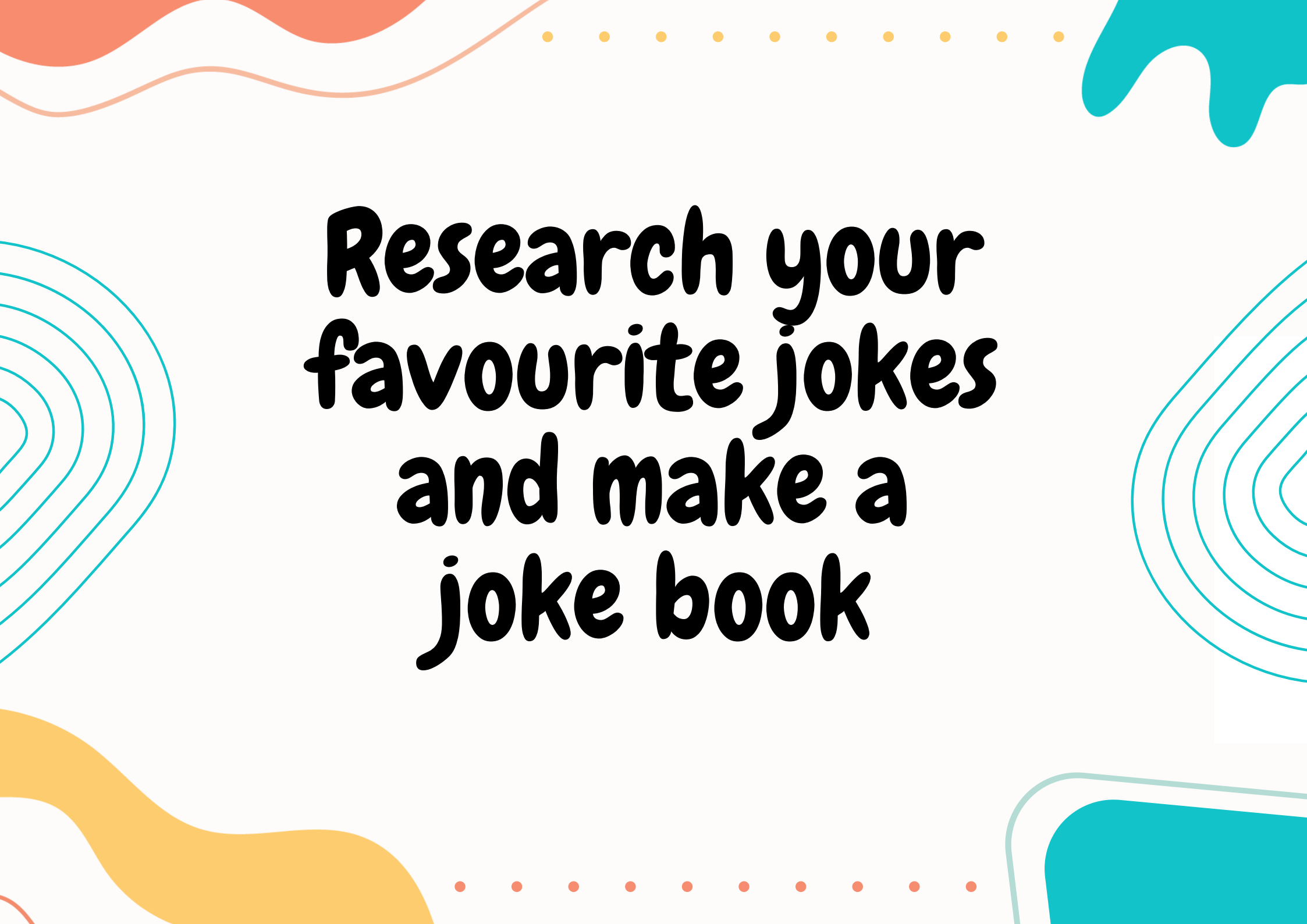
Write your Christmas list

Sort your bookshelf by colours

Research your favourite jokes and make a joke book

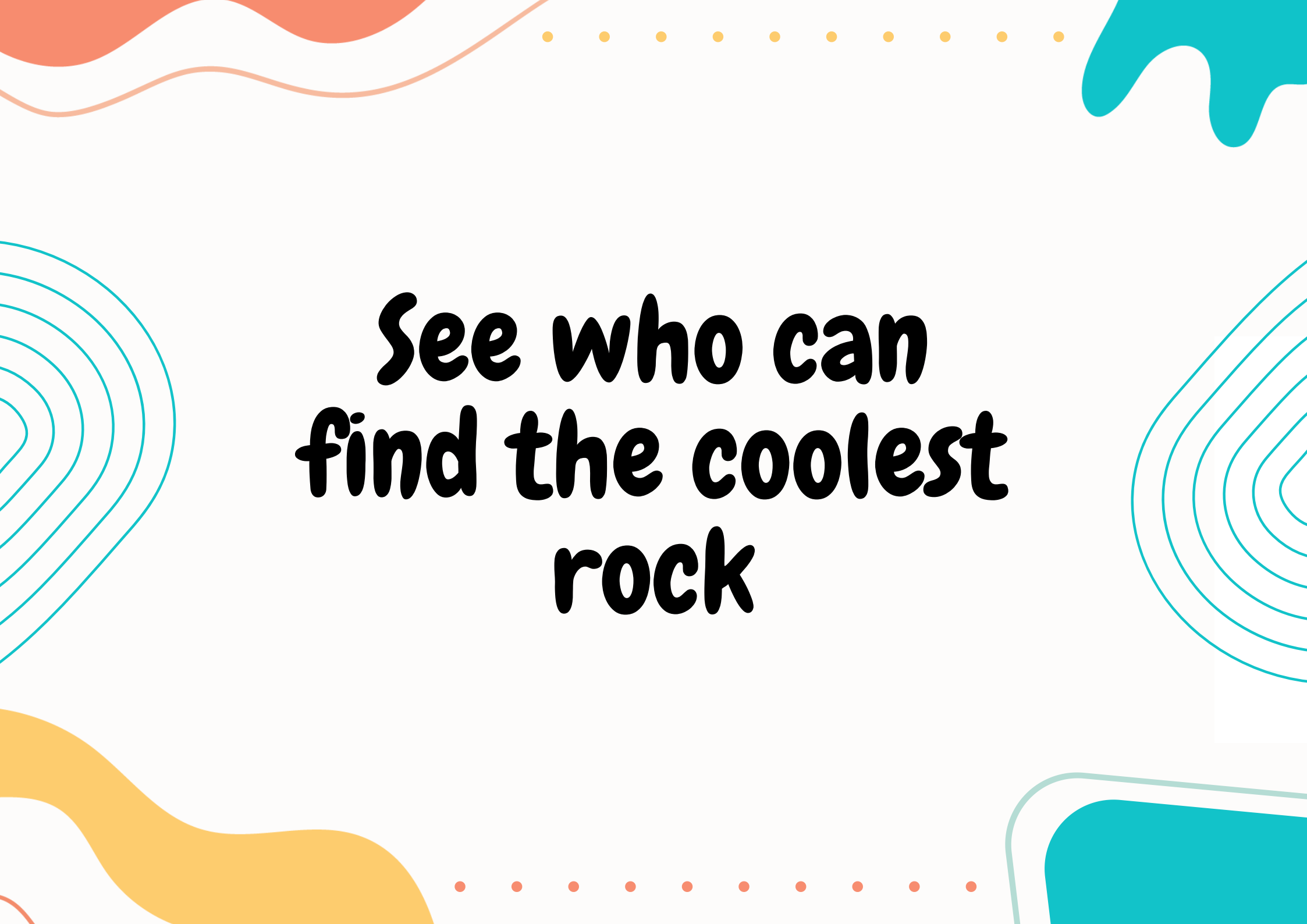# Create a hotwheels city

Make cloud dough

Make play dough
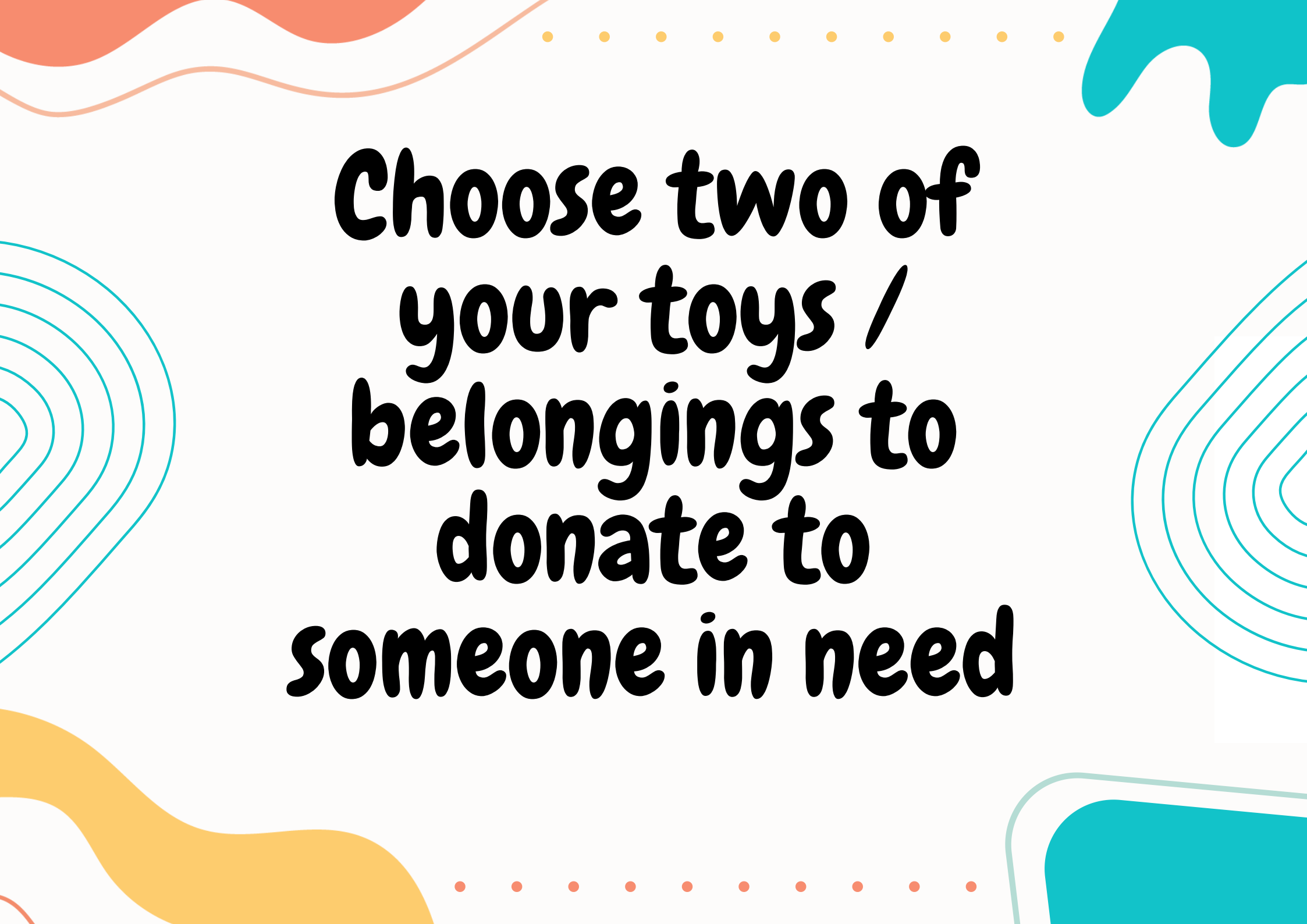
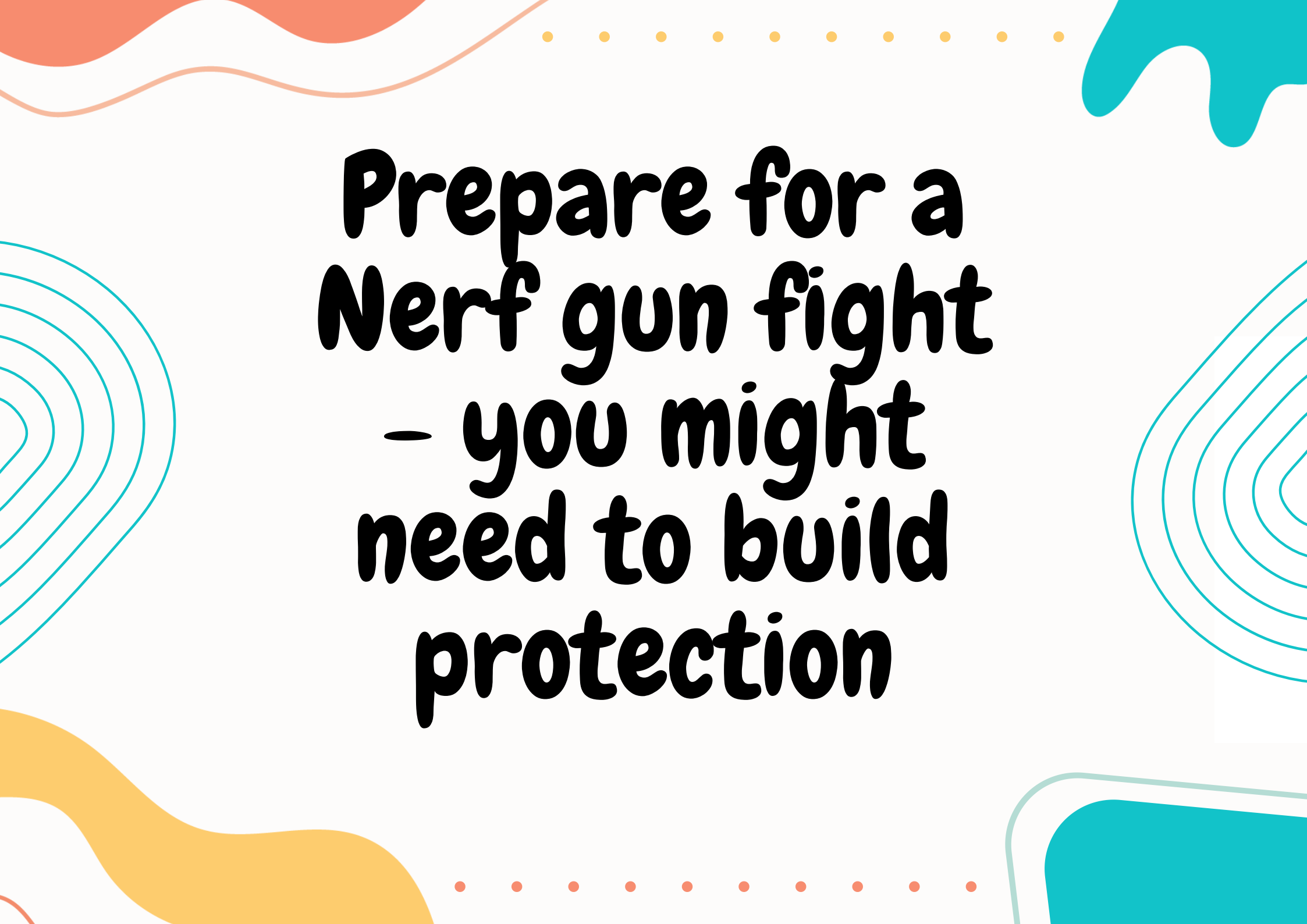Sort out a whole packet of beads by their colours

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

Bake a cake for someone you love

Build a pillow fort

Plan your entry into a talent contest

Plan your entry into an art contest

Plan your entry into a cooking contest
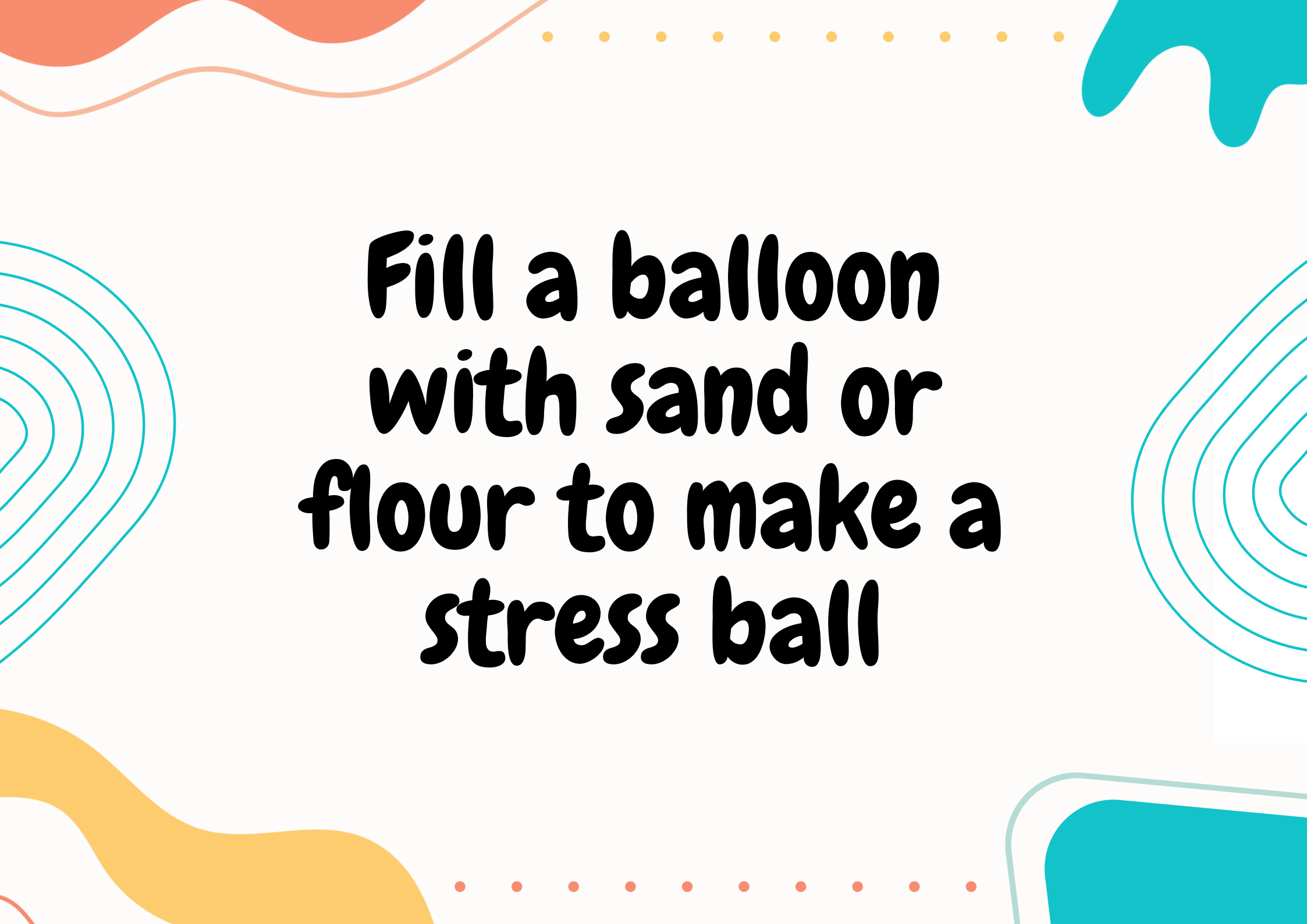
Find a yoga video on Youtube and follow along

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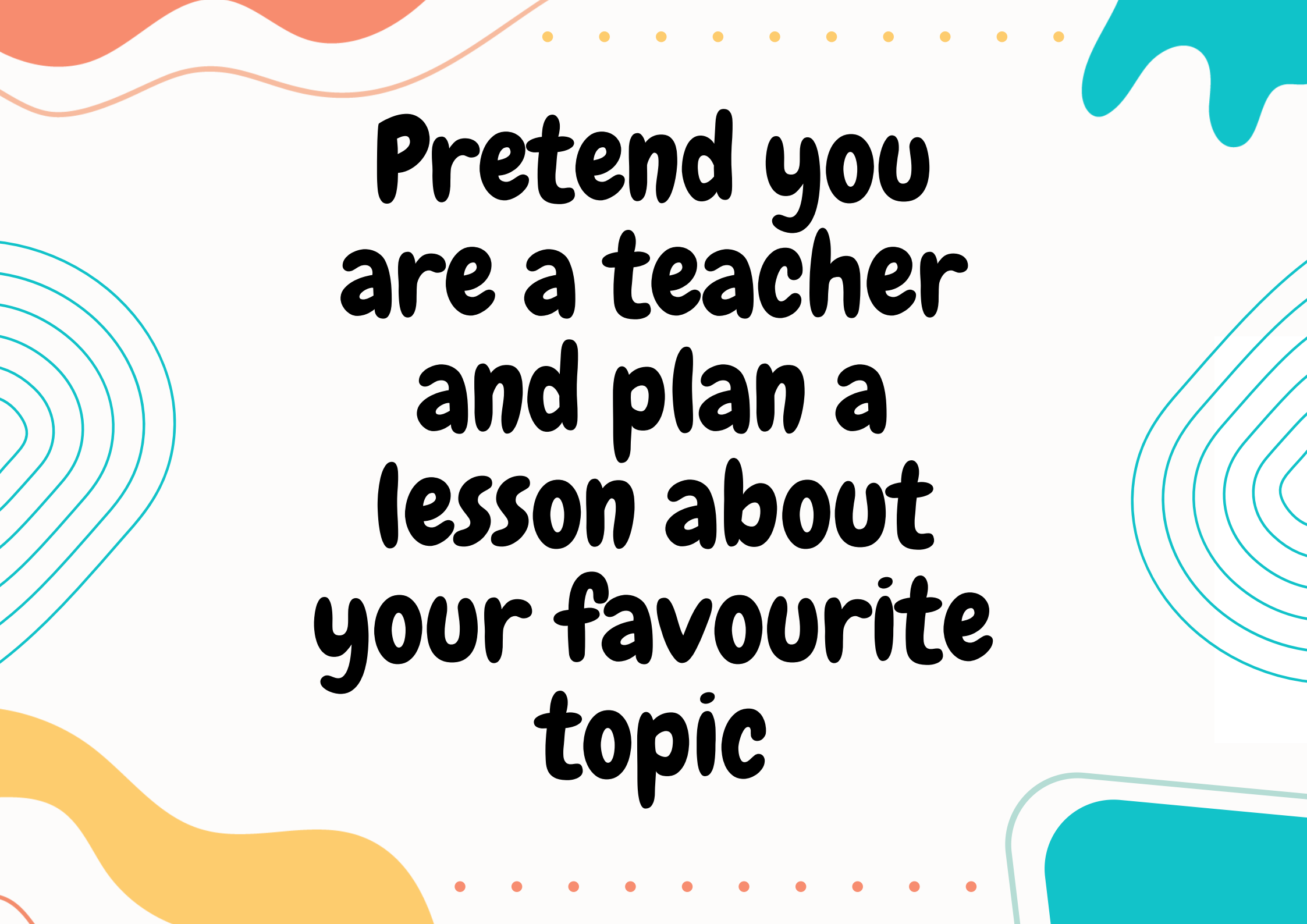
Design your dream bedroom, you might need to google ideas!

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

Create a box fort

Eat a crunchy snack!

Make an obstacle course using 5 toys

Look up Go Noodle on Youtube

Listen to a kids podcast

Take a silly selfie with your family
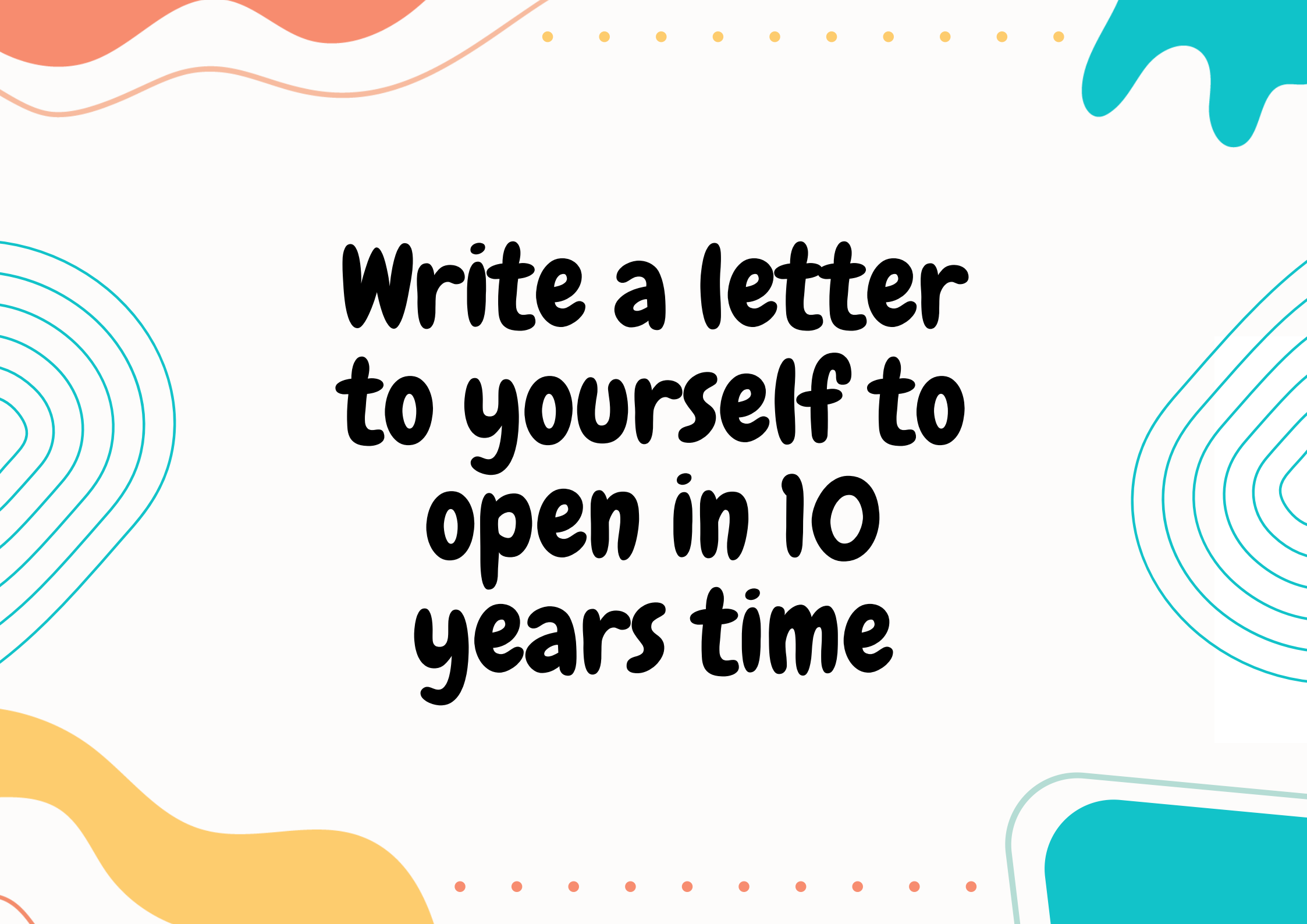
Prepare an art exhibition for your family

Plan a theme park

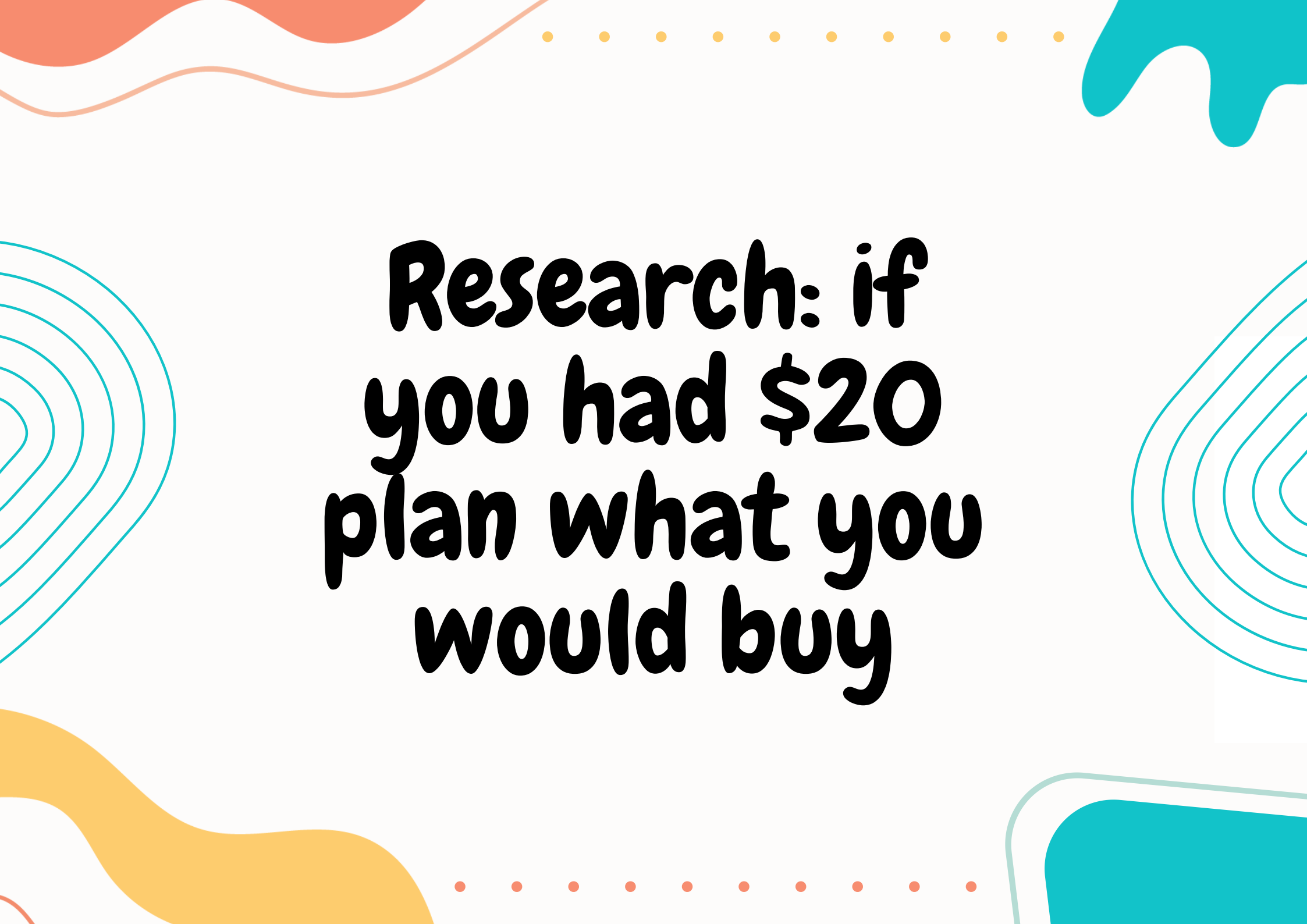# Make a sculpture using recycled materials

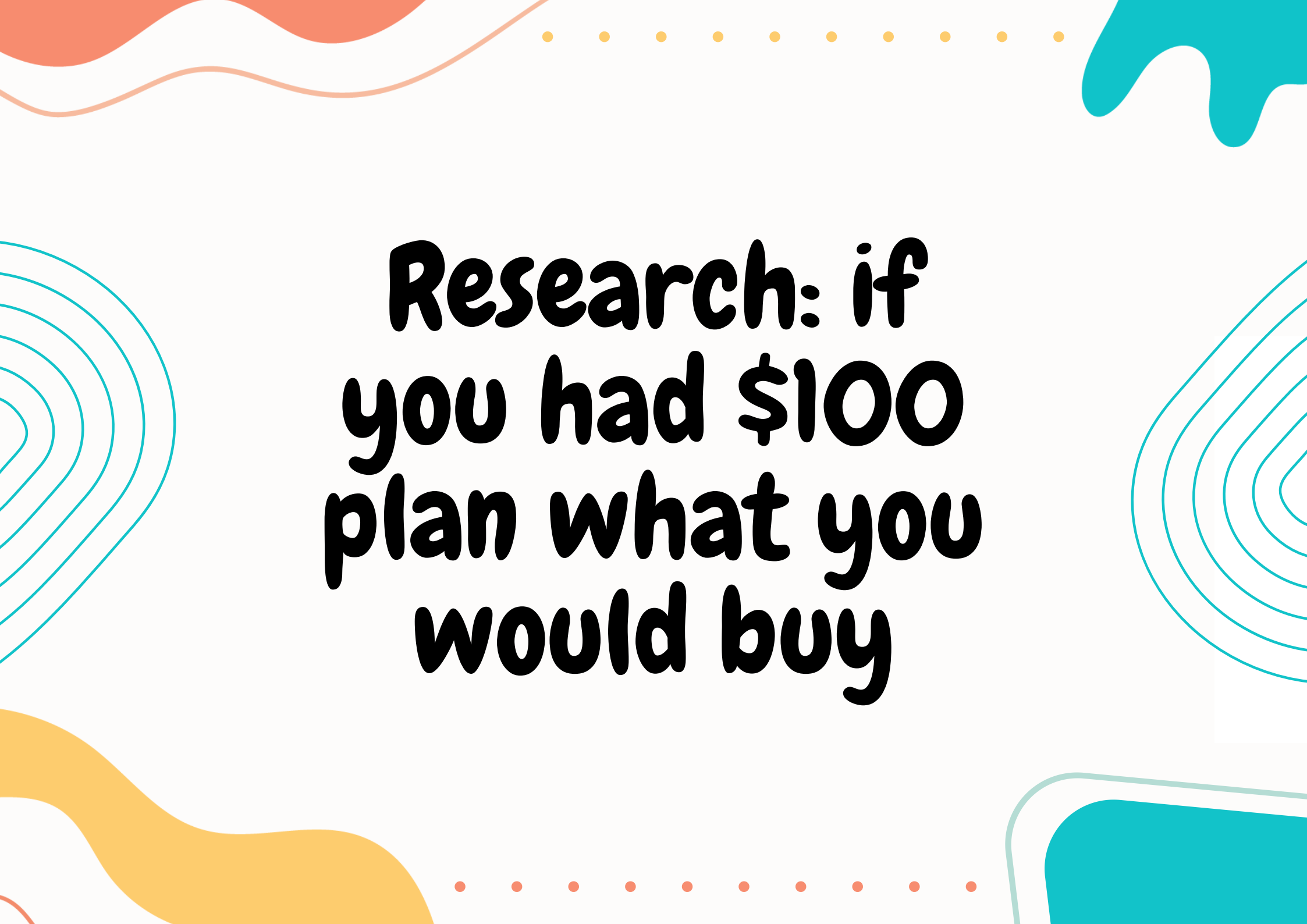# Create a scavenger hunt
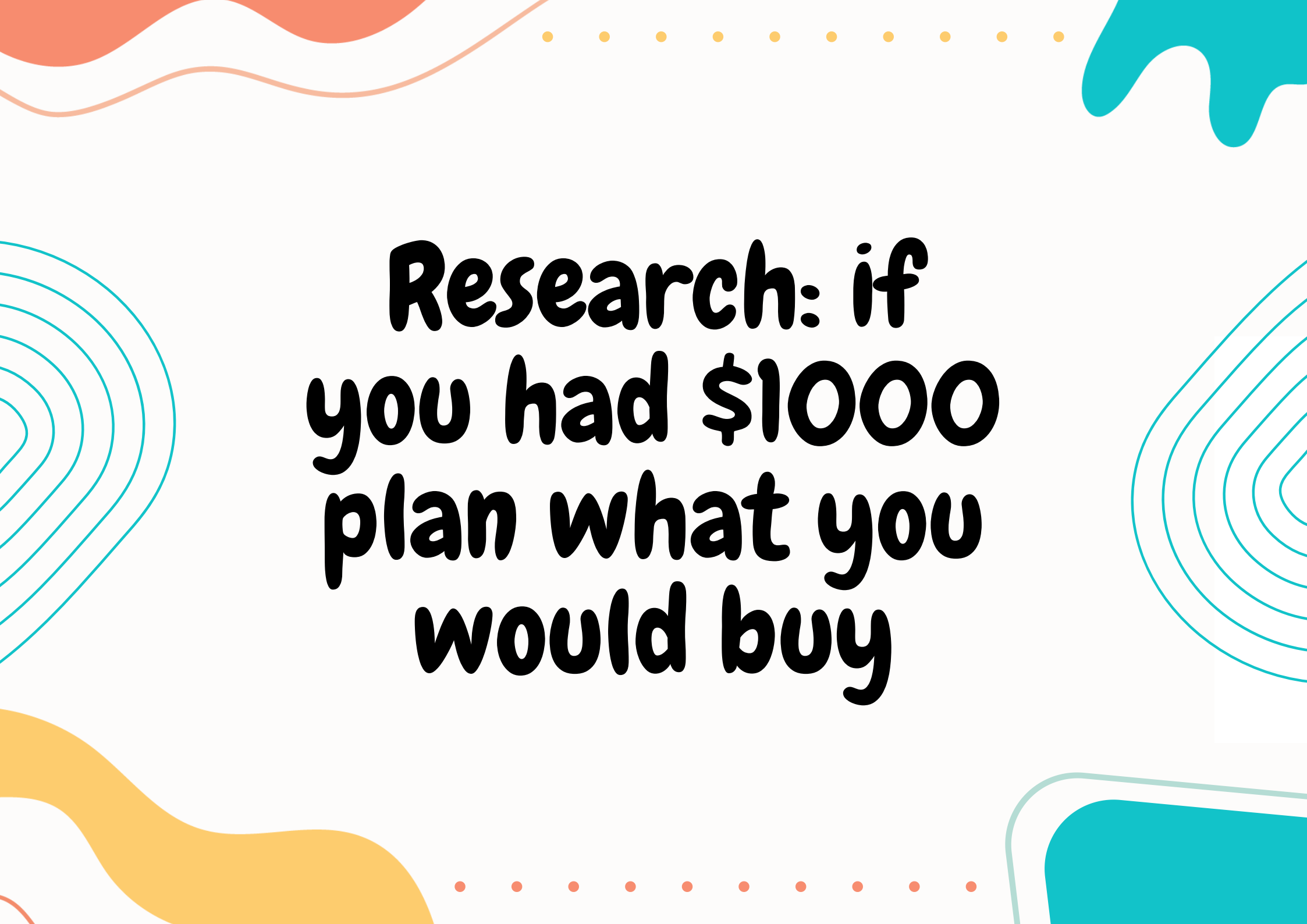
Write a letter to yourself to open in 10 years time

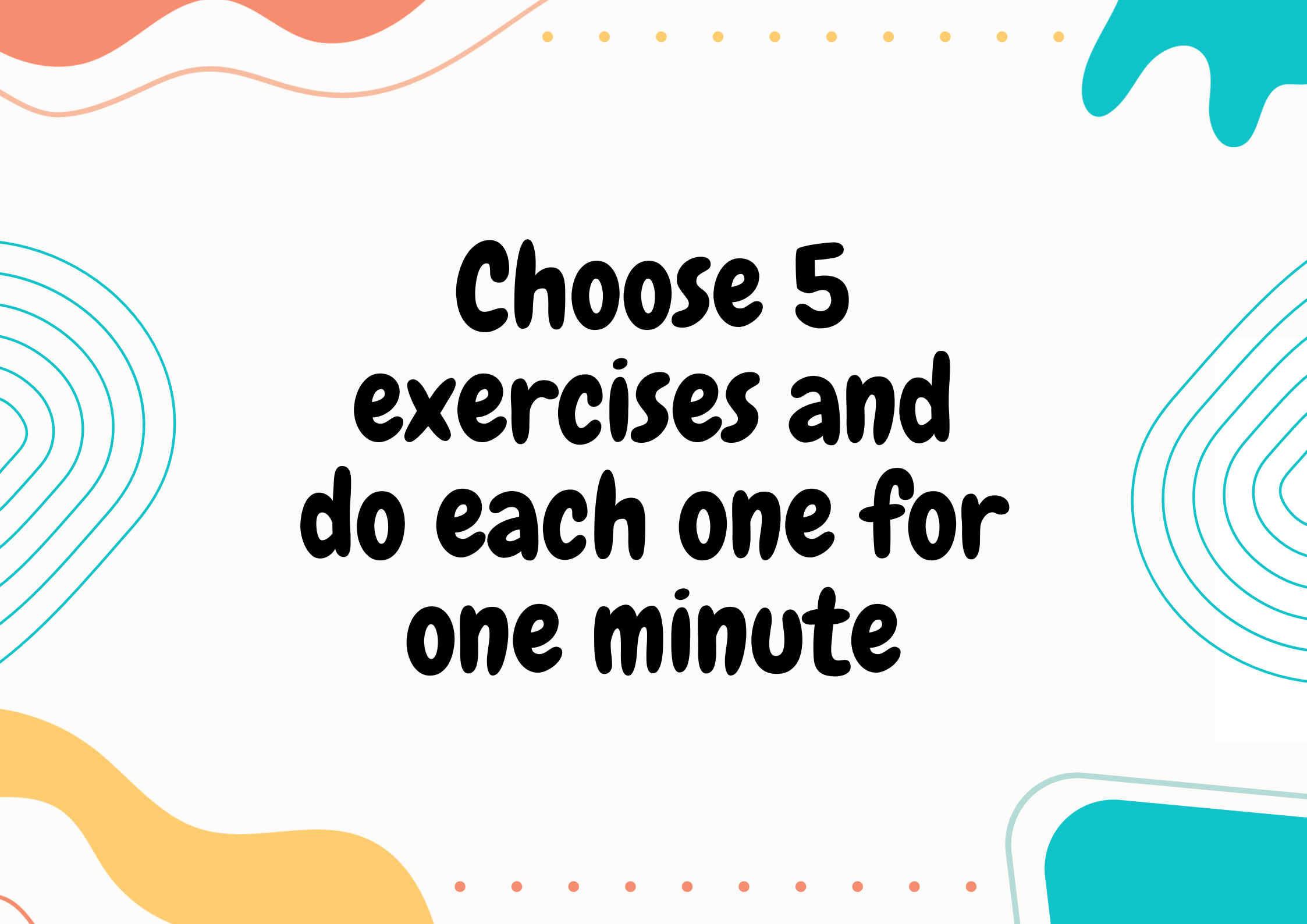# Research: if you had $20 plan what you would buy

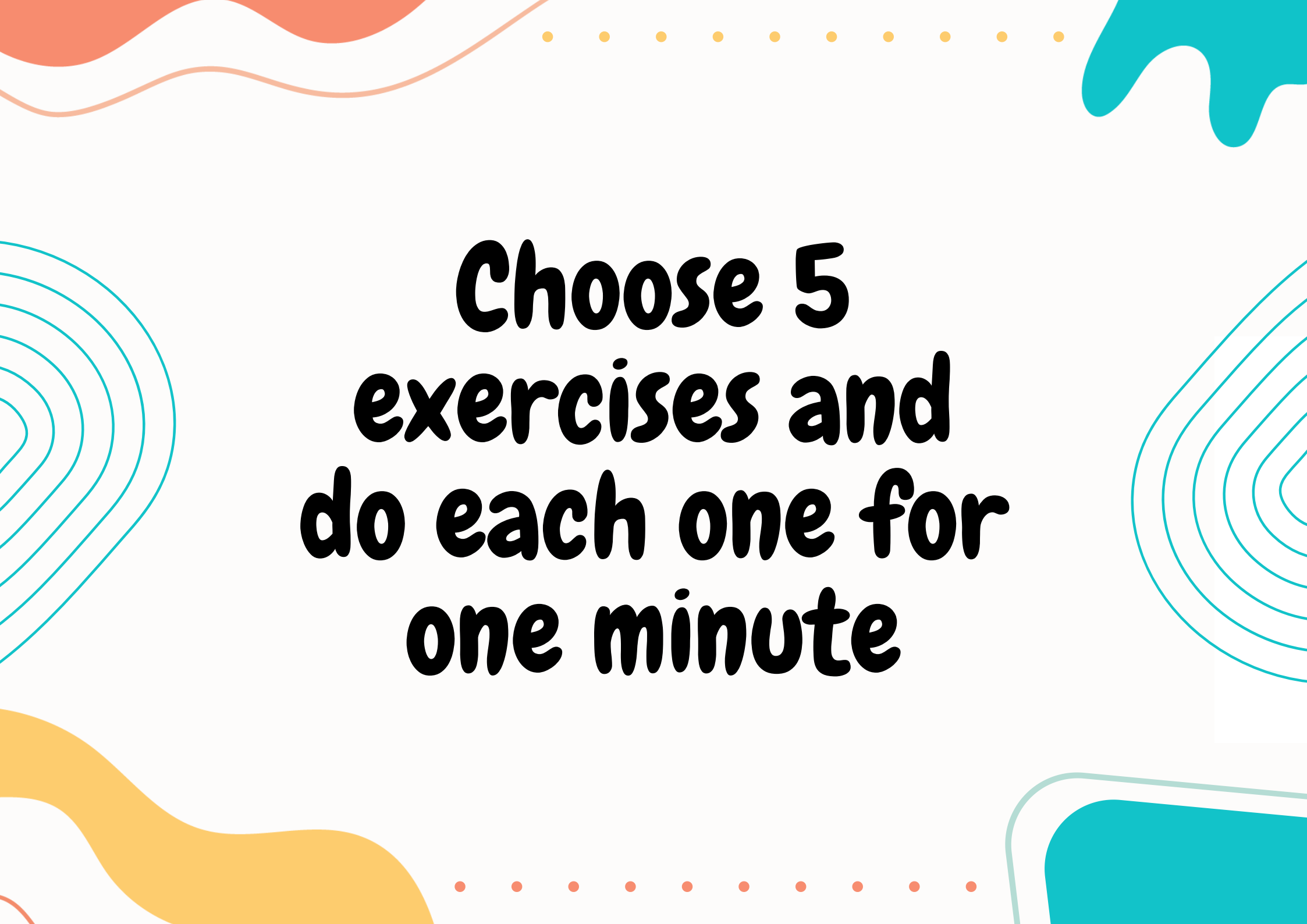# Research: if you had $100 plan what you would buy

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