

# Boredom Busters

Create your own whānau activity jar!



**Save the Children**

# Boredom Busters Notes



## How to create your own Boredome Busters Jar:

1. Find an old jar or container that can hold your Boredom Busters collection
2. Print out the activity strips on the next page, or write them on strips of paper
3. Add your own ideas to blank strips! You could brainstorm as a whānau or group
4. Fold up your strips and add them to your jar/container
5. Pull out an activity when you are feeling bored

**Bonus:** The first task for your tamariki could be to decorate your Boredom Busters jar/container!



## Tips for adjusting this to your whānau:

Below are some tips to help integrate Boredom Busters into your holidays and to adjust for and your whānau.

- If an activity doesn't feel right it's okay to skip it, swap it, or save it for another time!
- Consider colour coding or marking the different activities to match your different energy levels
- If family members don't want to take part remember it's okay to take a break, or watch before joining in
- For some of us having a set time allocated to an activity can be useful so feel free to add that in on the activity slips



### Remember:

Being bored isn't a problem.  
Sometimes it's just our brains resting  
or waiting for a new idea!





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# Activity Slips

*(print and cut these out to add to your jar, or write up your own!)*

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## **Nature Treasure Search**

Create your own treasure search list then spend some time looking outside. You could include prompts like something green, something tiny, something noisy.

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## **Picnic Time**

Have a meal somewhere different today - it could be inside or outside. How could you make it a little bit special?

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## **Build a Cosy Fort**

Gather lots of cushions, blankets and boxes or chairs to create a cosy fort. What could you play or do in there once it is created?

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## **Cloud Watching**

Take some time to lie down and look at the clouds. What are they like today? Are there any shapes that you can see? You could draw the clouds you saw!

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## **Dance Party!**

Create a playlist of your favourite songs to dance to. Then put on the music and dance however you want. Check in after some dancing - how do you all feel now?

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## **Read Together**

Find some comfy spots, get some healthy snacks, and choose some books. Read quietly together for a little while then share what you were reading about.

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## **Recycled Crafting**

Pull out any recycling materials you have around e.g. cereal boxes, milk bottles, leftover wrapping paper, cardboard rolls, strings and ribbons. See what you can create.

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## **Cook Kai Together**

Make a morning smoothie, bake some cookies to enjoy together, or just come together to prepare kai for dinner. Don't forget to share the clean up too!

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## **Draw your Day**

Create a drawing of something that happened to you today, or of your dream day. You could then share these with each other.

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## **Go on a Whānau Walk**

Take turns being in charge of the route and have a hīkoi (walk) around your neighbourhood or somewhere local.

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## **Listen Closely**

Sit quietly for a few minutes (or as long as suits you). How many different sounds can you hear when you whakarongo (listen)?

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## **Board Game Session**

Get out the board games and spend some time playing them. If you don't have any get some old cardboard and create your own!

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## **Do a Rainbow Search**

Either inside or outside, challenge yourself or each other to find objects for each colour of the rainbow. You could set a timer for this as a challenge.

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## **Free Write**

Take some time to write anything that comes to mind.

It could be a reflection on how you are feeling, a creative story, a poem, or a song!

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# Add your own ideas!

*What boredom busting activities can you come up with?*

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