



## BOREDOM BUSTING

## IDEAS FOR K-12



### ABOUT THIS BOOK

With more time spent at home, your kids are probably not sure how to burn through their extra energy! Keeping your children entertained throughout the day can be challenging, but with these fun ideas in your back pocket, your children are sure to find new & fun ways to stay entertained & learning. Some kids are raring to go & looking for high-energy activities, while others need something more calming that will help them unwind after a busy day. The activities below range from quiet to creative to energetic activities that kids of all ages can enjoy.

#### DON'T PANIC

Find yourself working from home & dealing with kids who are home from school too? Here are a few activities that can keep them busy, help them use their creativity & imagination & keep you all from going nuts!



Also known as “calm down jars,” these creations are as useful as they are lovely. Using warm water, glitter glue and a hot glue gun, your child can create a jar using their favorite colors. Relaxation jars are a unique way to teach your child how to self-regulate her emotions by looking at her jar when she feels overwhelmed and they are ideal for the anxious child.

Who is it good for? Since you do need warm water and a hot glue gun, this activity is best for elementary school children to create with adult supervision. You may even want one for yourself!

What you'll need:

- A container (pint-sized Mason jars are great, but you can use a empty soft drink container, plastic jar - pretty much anything that is clear and has a lid).
- Warm water
- Glitter Glue (1.8 fl oz)
- A hot glue gun (to seal the lid if you wish to avoid spills)



Directions:

- Add warm water to your jar or bottle until it reaches around a third of the way up.
- Add the glitter glue and stir until it combined with the water.
- Add around 3 drops of food color and stir
- Pour in the glitter!
- Top up your jar with the rest of the warm water, until it is almost full.

## GRADES 4-7

# ACTIVITIES

## LEMON VOLCANOES

This activity is full of frothy fun, and it smells good, too! Children can learn how the chemical reaction created by mixing citric acid and baking soda results in a bubbly volcano that they create on their own. Who is it good for? This activity is a ton of fun for elementary aged-kids, but early middle school-aged kids would love it, too.

What you'll need:

- Lemons I recommend 2 lemons per volcano
- Baking Soda
- Liquid Watercolors/ Food Coloring
- Craft Stick or spoon

### DIRECTIONS

- Use a craft stick or spoon to break up/partially scoop out the inside of the lemon.
- Add a few drops of food coloring to the inside of the lemon.
- Pour some baking soda on top of the lemon.
- Use the craft stick to mix the baking soda with the inside of the lemon.
- Keep mixing with the knife periodically, and adding more baking soda, until the reaction stops.



## TOOTHPICK TOWERS

This two-ingredient activity encourages problem-solving as children try to keep their structures from collapsing. When the structures fail to hold, the real learning begins. Who is it good for? This activity would likely be too frustrating for very young children so it is best suited for kids in elementary or middle school.

What you'll need:

- Toothpicks & Mini Marshmallows



## I SCREAM FOR ICE CREAM

Have your kids make their own ice cream in a bag in only five minutes. Using ice cubes, half and half, sugar and the flavorings of their choice, this one is as delicious as it is fun. The best part? Eating their ice cream straight out of the bag!

Who is it good for? This activity requires some supervision in the beginning for younger children, but it's a winner with any kid of any age who likes ice cream. (That includes you!)

What you'll need:

- 2 tablespoons sugar
- 1 cup half and half
- 1/2 teaspoon vanilla extract
- 1/2 cup salt (kosher or rock salt works best)
- Ice cubes (enough to fill each gallon-size bag about half full)
- 1 pint-size zip-lock bag
- 1 gallon-size zip-lock bag



DIRECTIONS:

Put a scoop of ice, 3 tablespoons ice cream rock salt, and the bag containing the milk-cream mixture into a gallon-size resealable plastic bag; seal tightly. Rock the bag back and forth (do not shake) until contents thicken into ice cream, about 10 minutes.



Being cooped up inside can be frustrating, both mentally and physically. Take a few moments each day to step away from what you are doing and try yoga individually or as a family. YouTube is filled with wonderful and simple guided exercises for every level and ability. Try this 20-minute practice and get ready to light a fire in your core. Roll out your mat today and wake up third chakra energy for confidence, strengthen the back for a healthy spine, and recognize the beauty within.

## DO YOGA

GRADES 8-12

# ACTIVITIES



## DIY SHARPIE TIE DYE

Tie Dye is not only one of the hot trends of 2020, it is a great way to refresh an item you already own. Encourage your teen to grab a pair of canvas shoes, a tote bag, or even a shirt that they don't wear often. The process can take as much or as little time as you would like...it all just depends on how intricate you want your designs to be.

What you'll Need

- Colorful set of Sharpie markers
- Plain white canvas or cotton item
- Rubbing alcohol
- Spray bottle
- Masking tape

INSTRUCTIONS

- Cover any parts you do not want dyed with masking tape to keep the colors from running onto it.
- Use the Sharpie markers to color your design on your item.
- Use spray bottle with rubbing alcohol to make the colors run and bleed.
- Allow to dry.
- Repeat if necessary, until you're happy with the results.



## START A JOURNAL

For teenagers, writing in a journal regularly helps foster a love of writing and build excellent writing skills. However, your teen may be challenged to figure out what to write about. If they can't think of something interesting to write about, they might not even try. That's where creative writing prompts can help. Further, journaling offers excellent mental health benefits for kids, teens, and adults. Beyond these benefits, writing in a journal uses both sides of the brain and helps to encourage free flow thinking and daily writing. Help get teens writing in their journals more often with these teenage journal topics.

### JOURNALING TOPICS

- Discuss your happiest memory.
- What's the best song you've ever heard?
- What calms you down when you're feeling upset?
- What is the best compliment someone has ever given to you?
- What is something in your life you feel you can't live without?
- Describe your most exciting and joyous life experience.
- What is the most challenging thing you've ever faced in your life?
- When you become a parent, what will you do differently than your parents?
- Is there a line between insanity and creativity?
- Describe what you think your life will be like in ten years.
- What is one thing that you feel you do really well?
- What are your pet peeves?

**COLORING PAGES**

**AGES 2 TO 102**

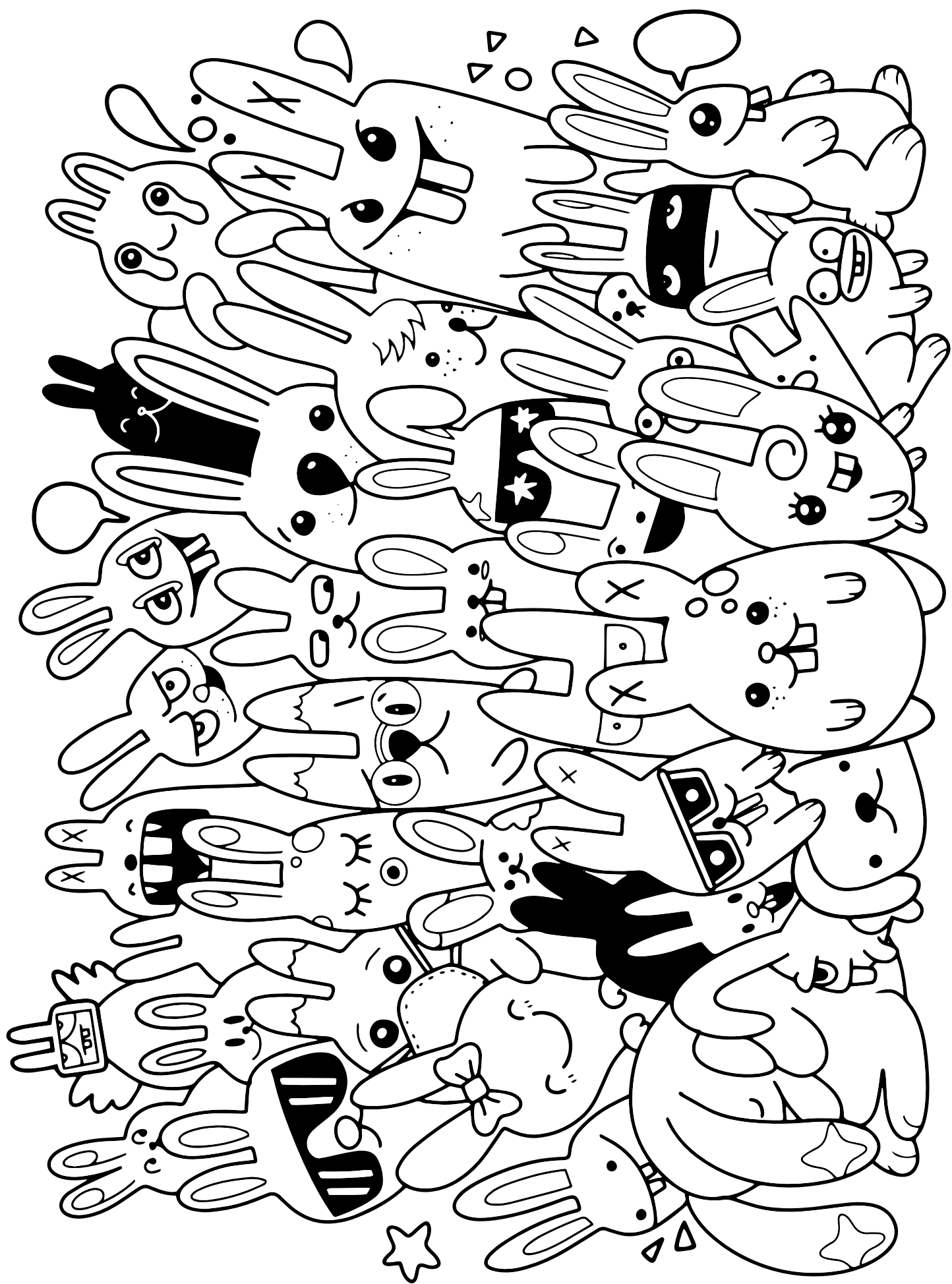


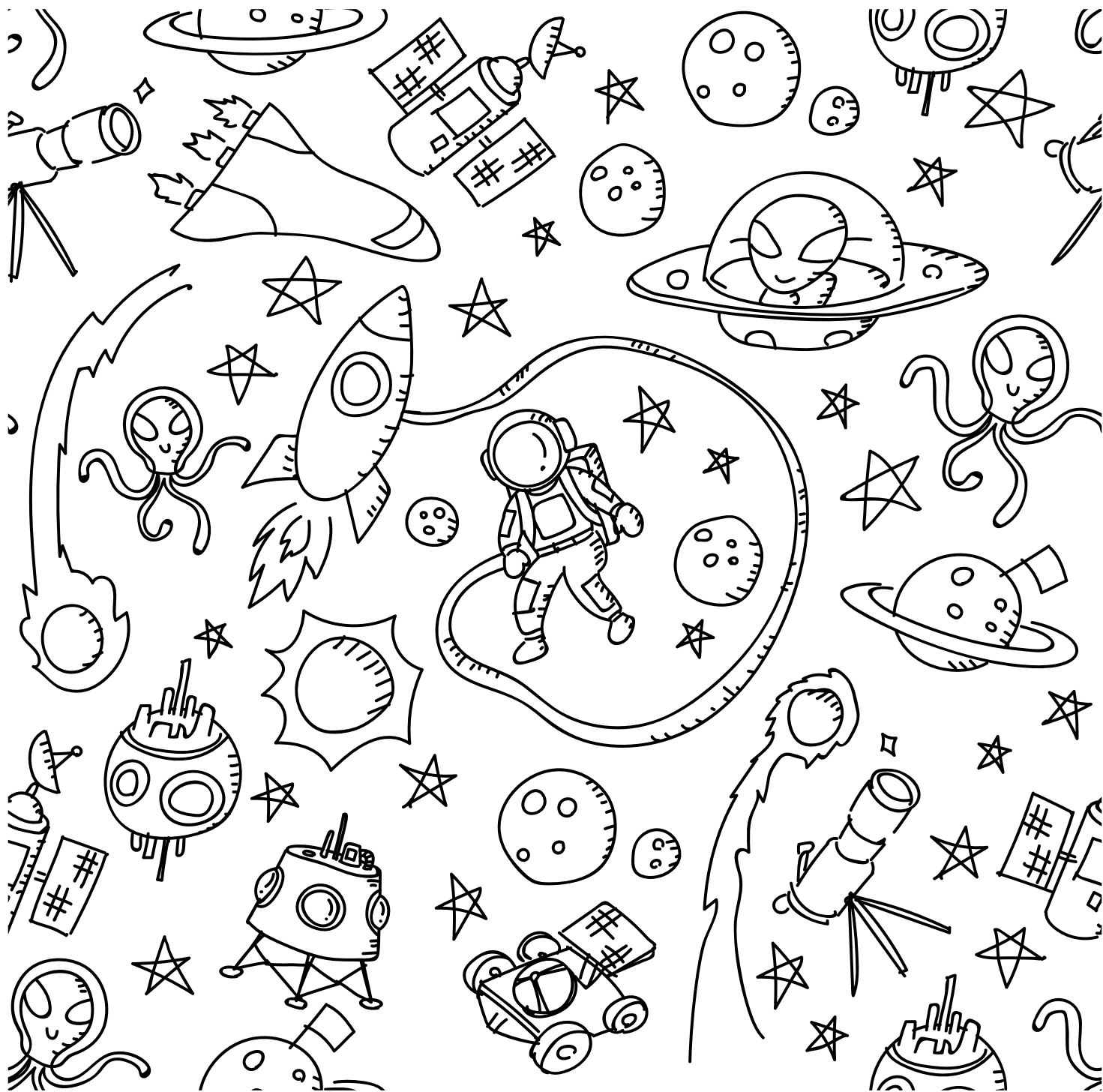


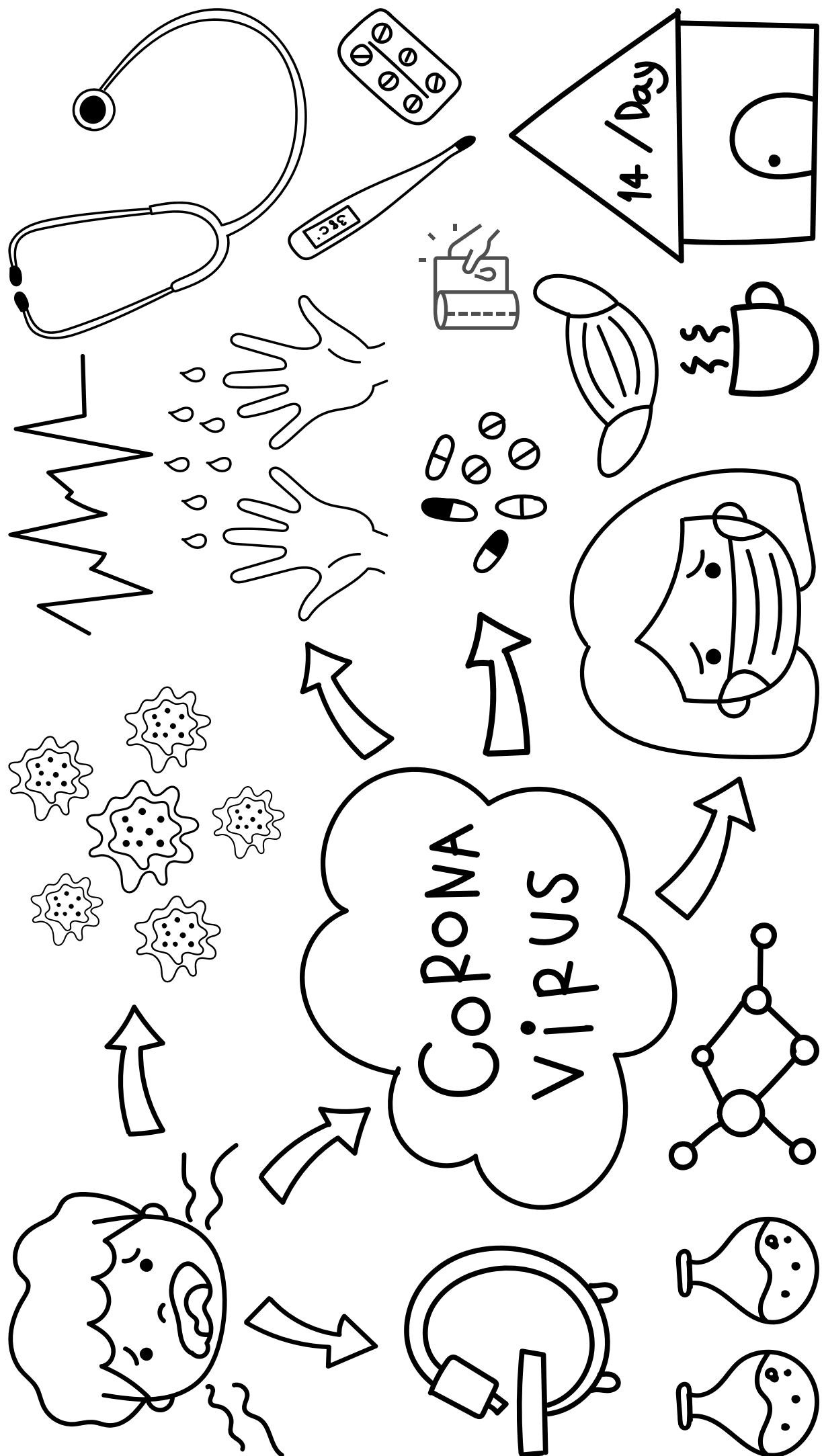
PLAY

FUNNY

STUDS

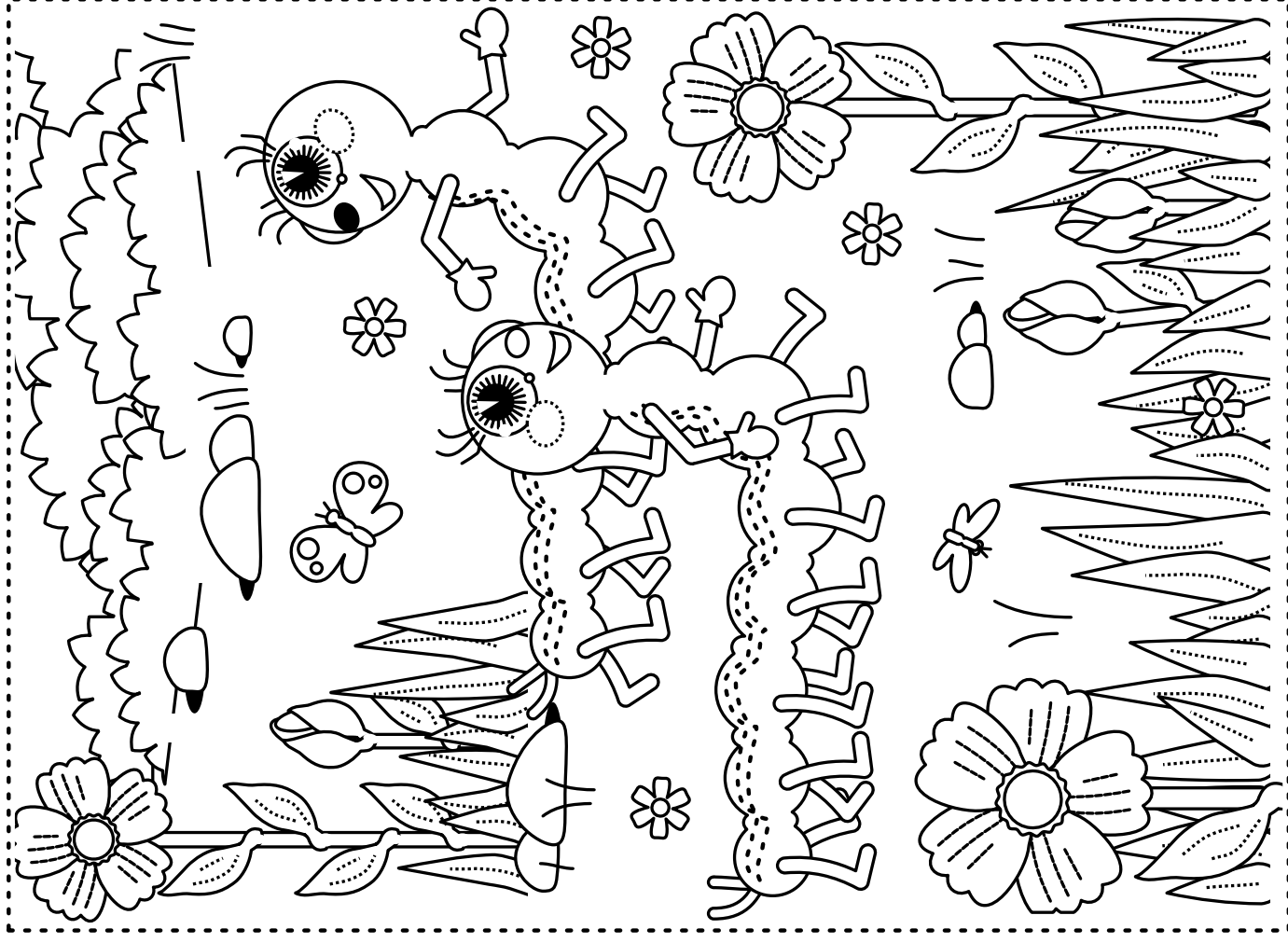
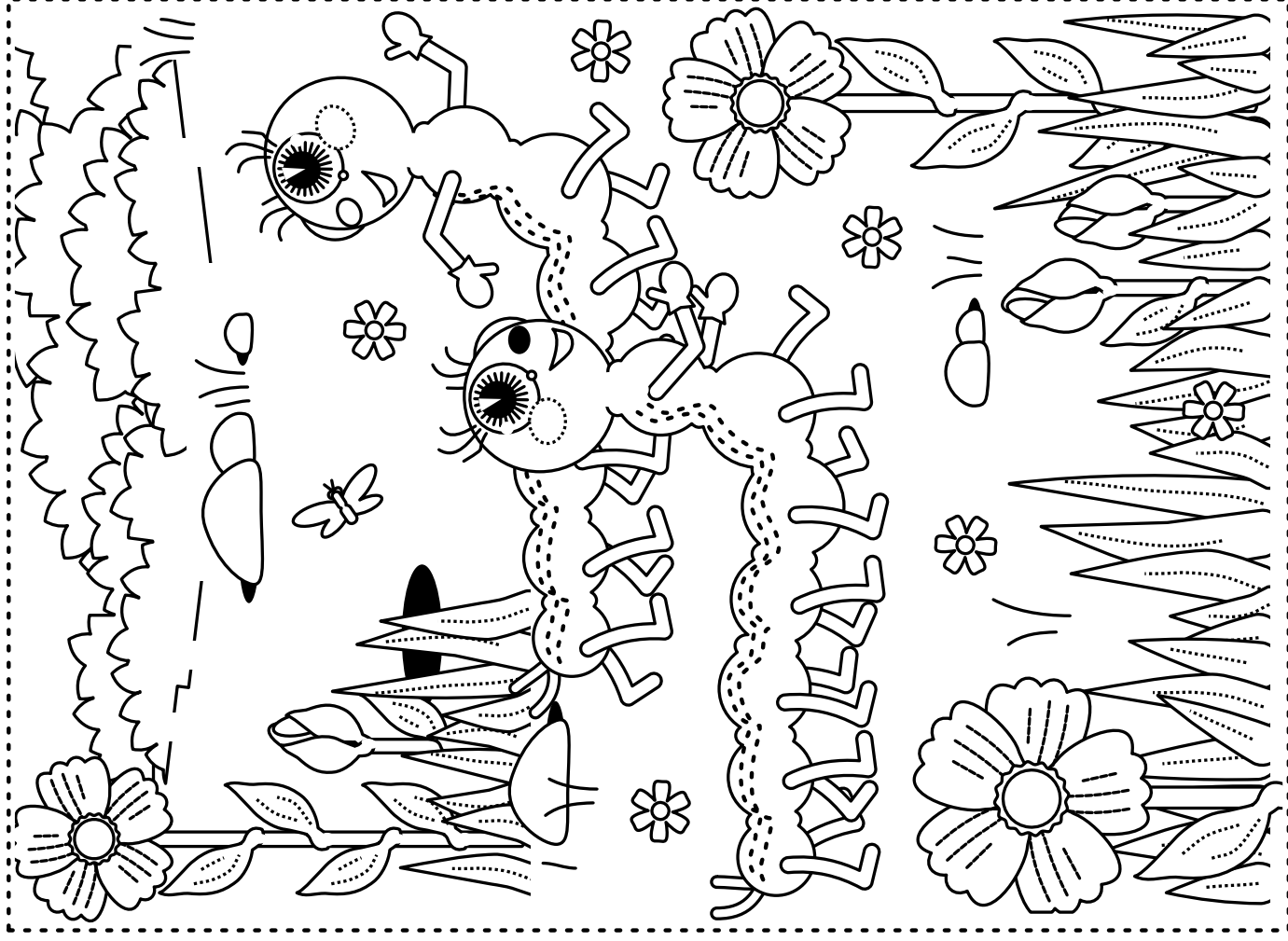


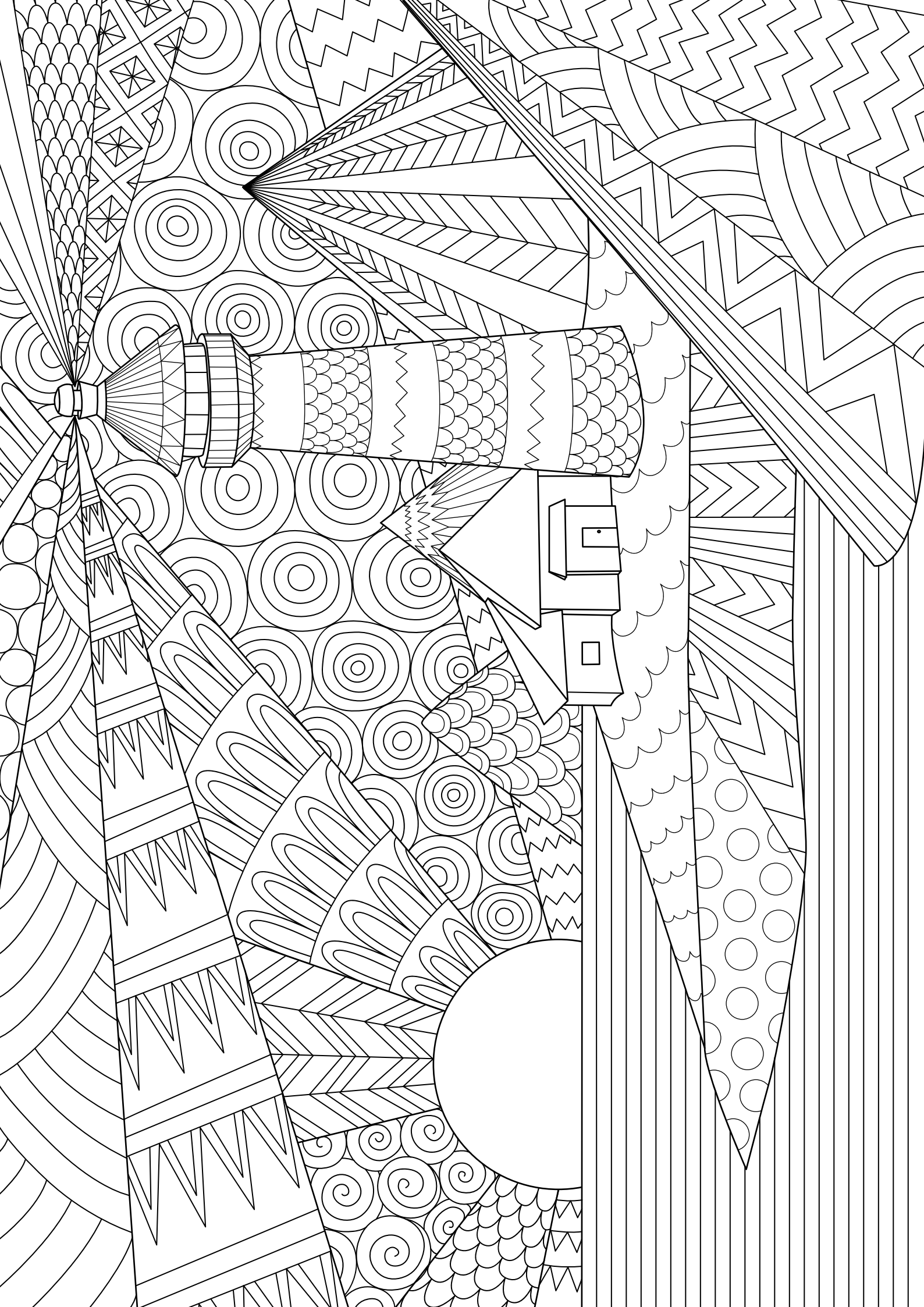




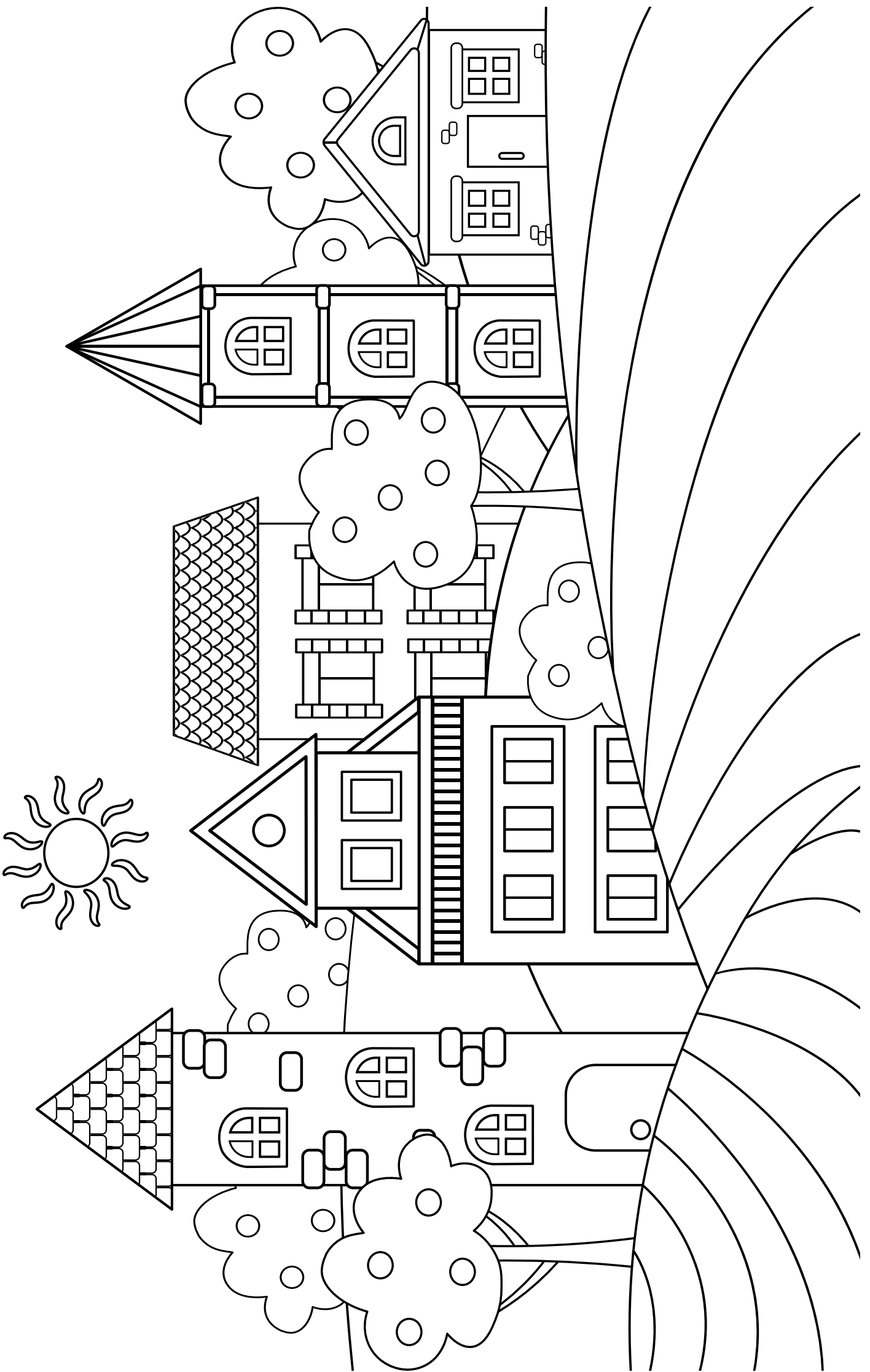


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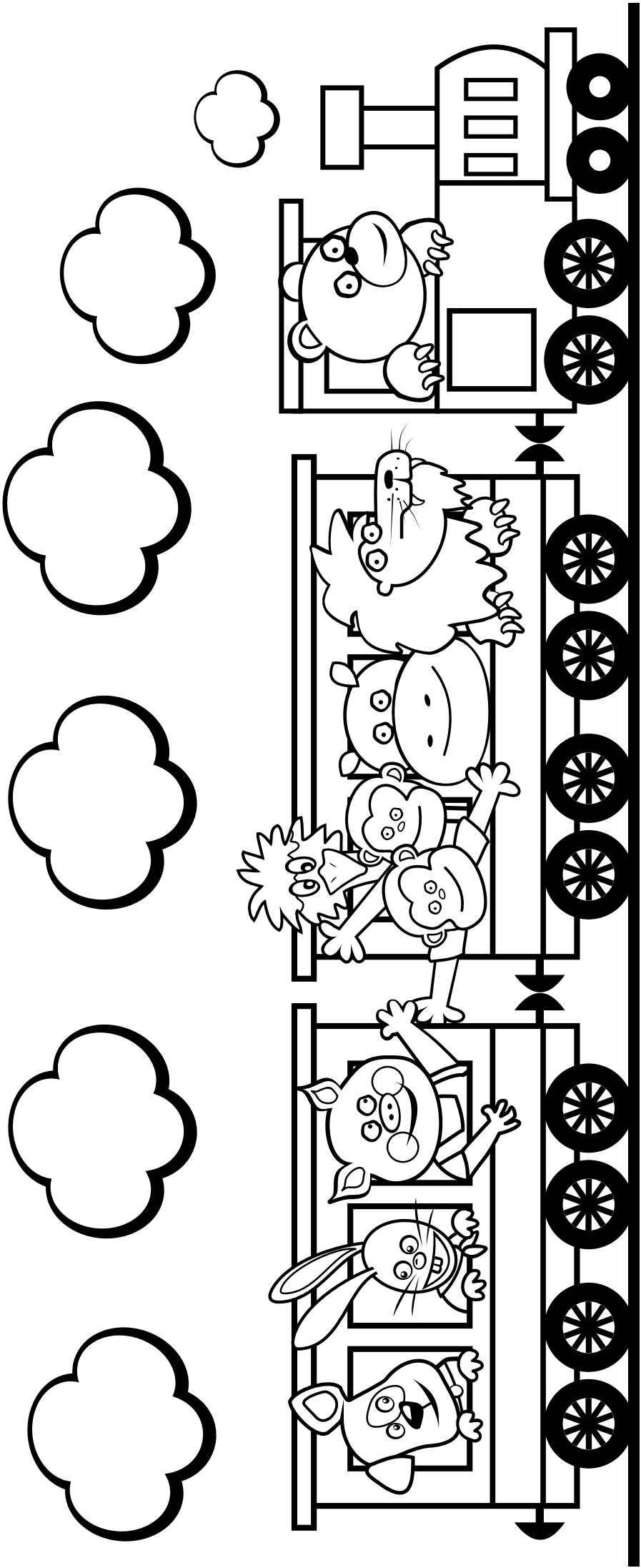


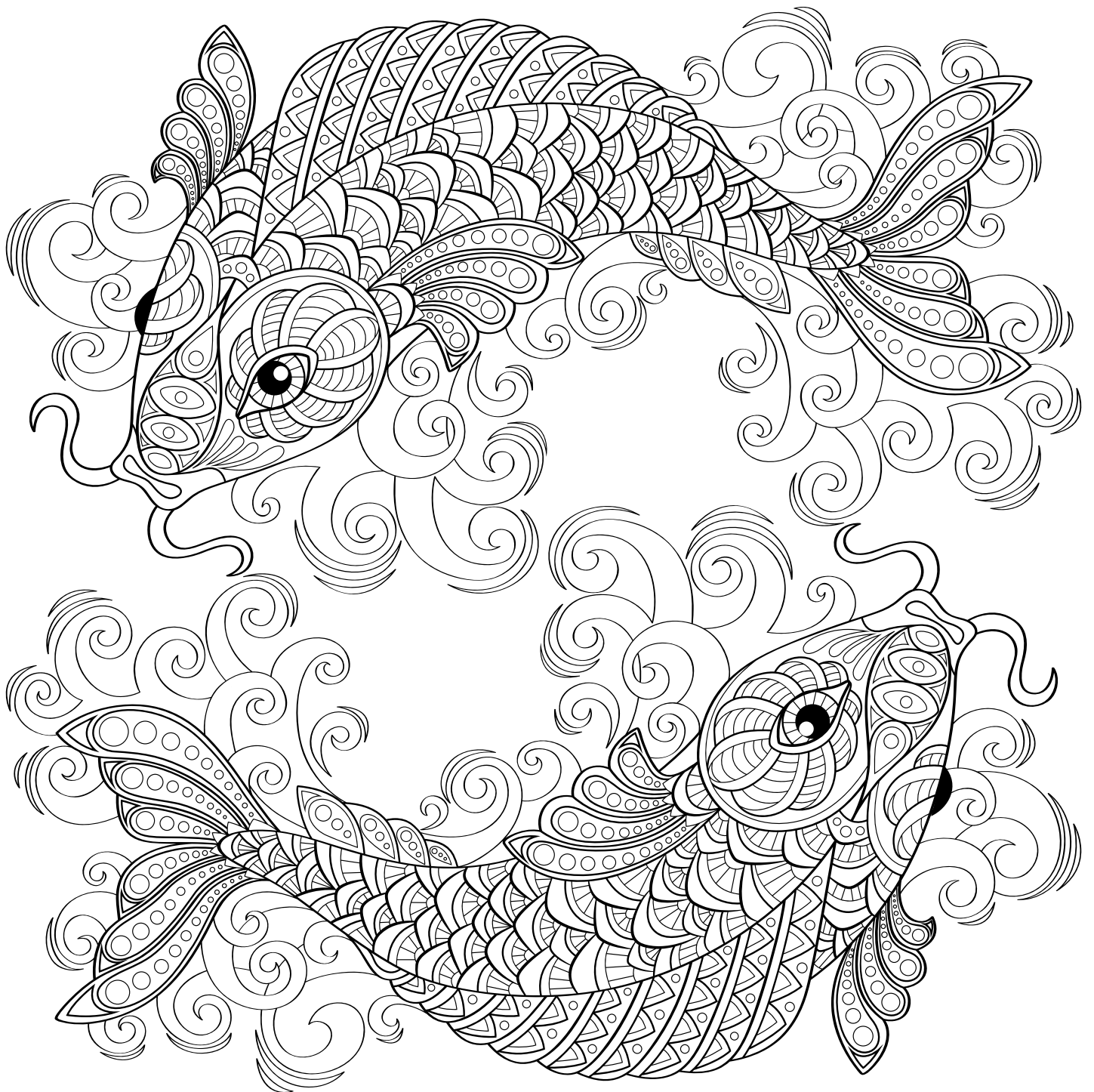


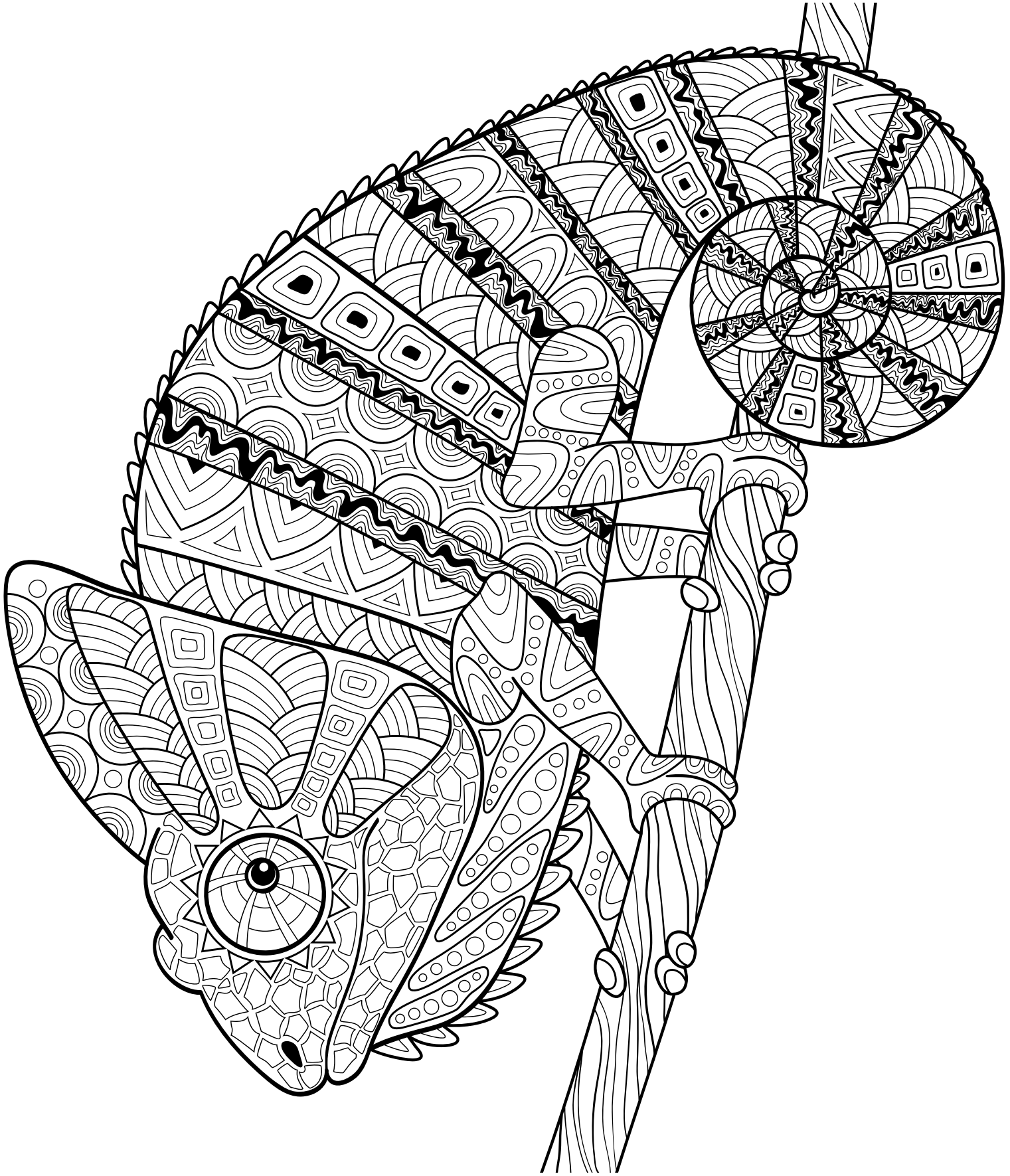


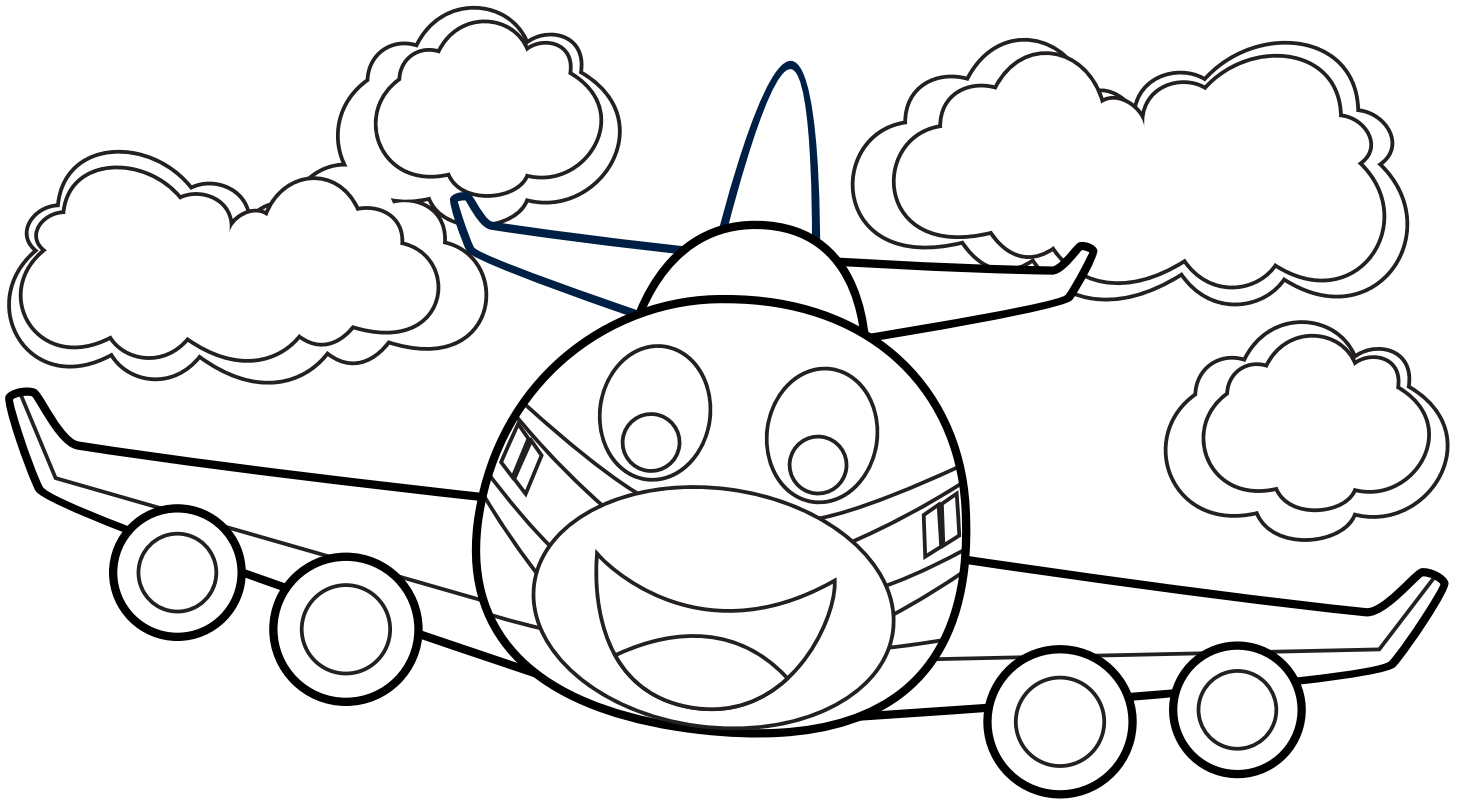




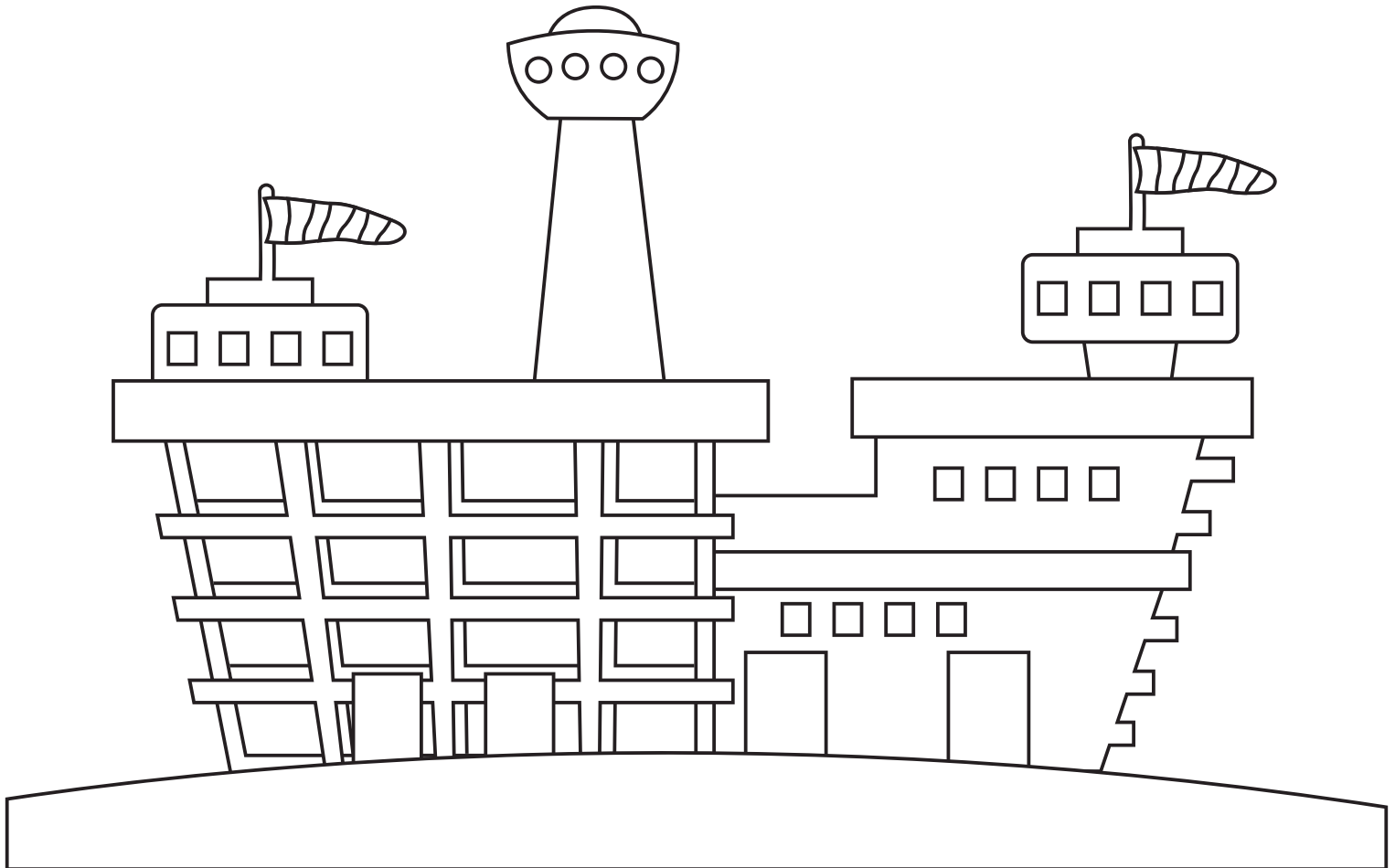




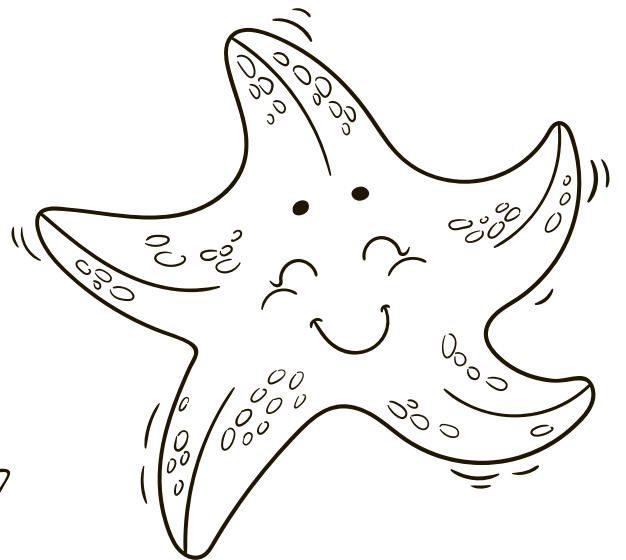
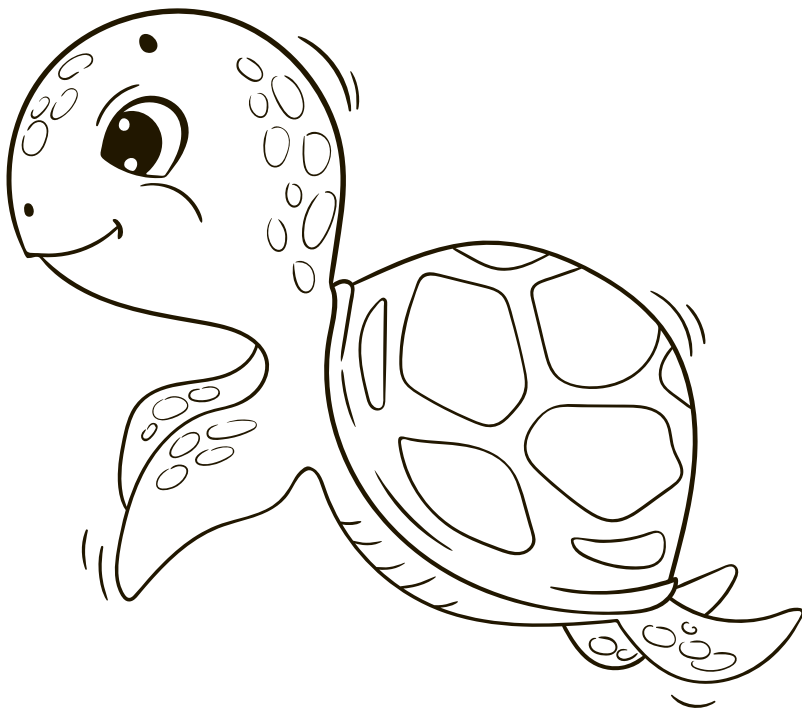
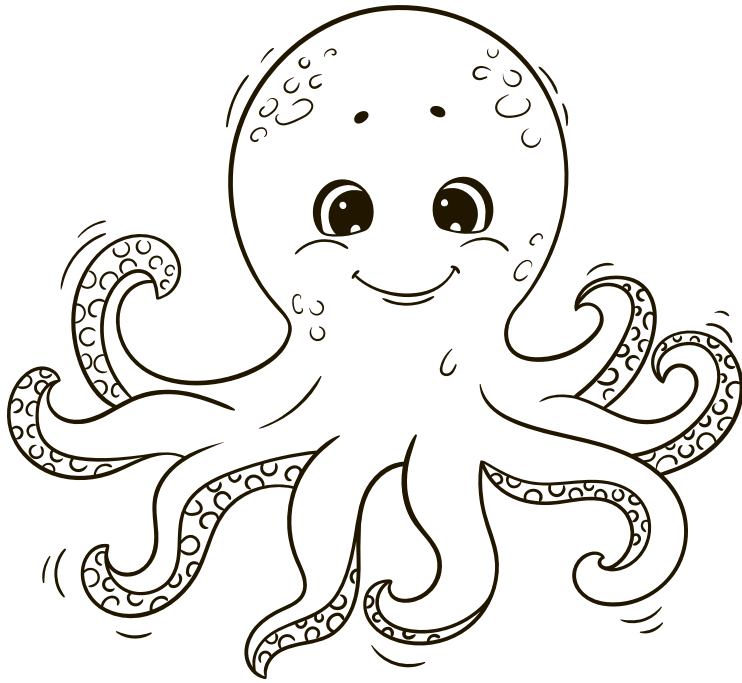


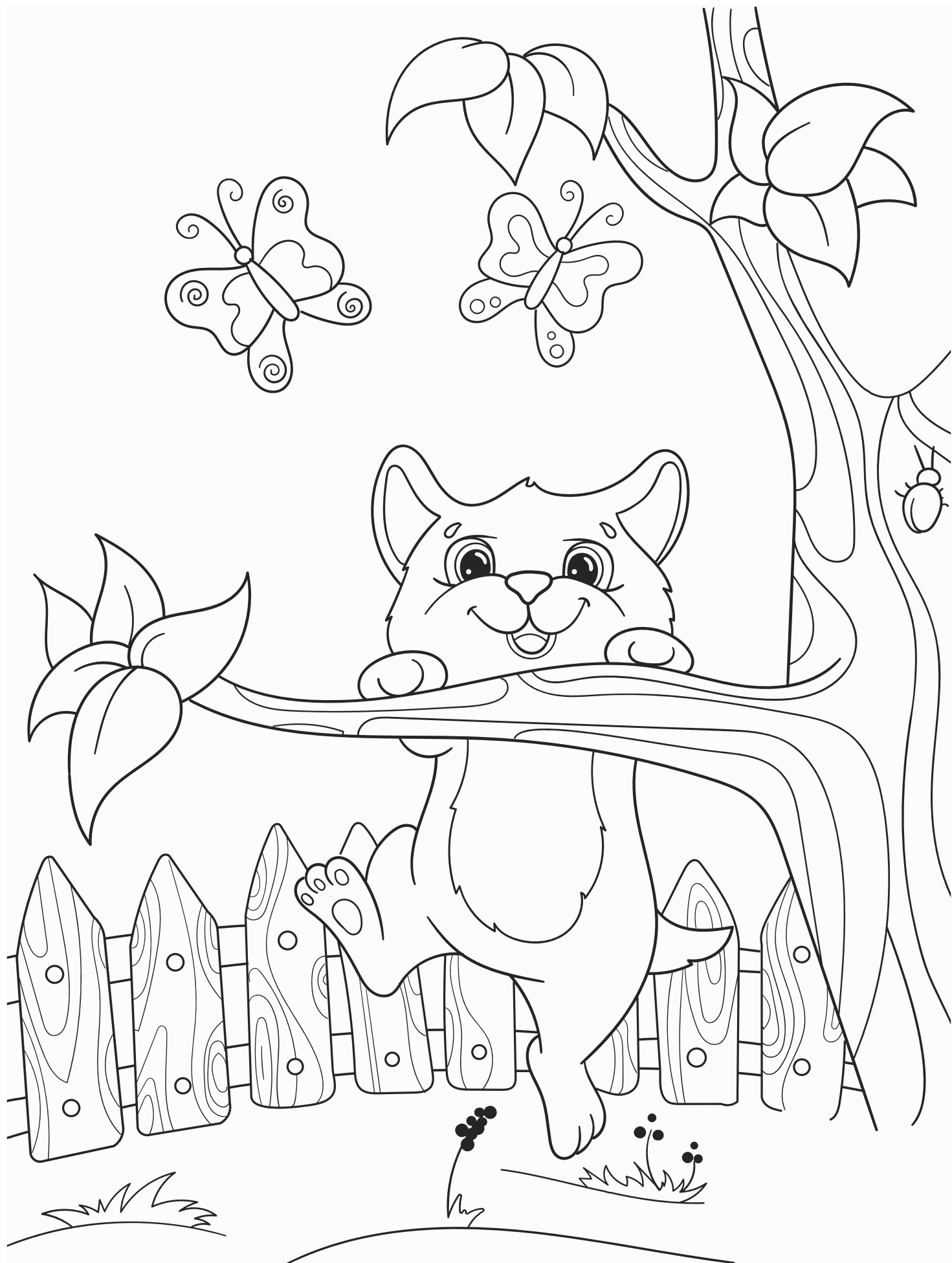


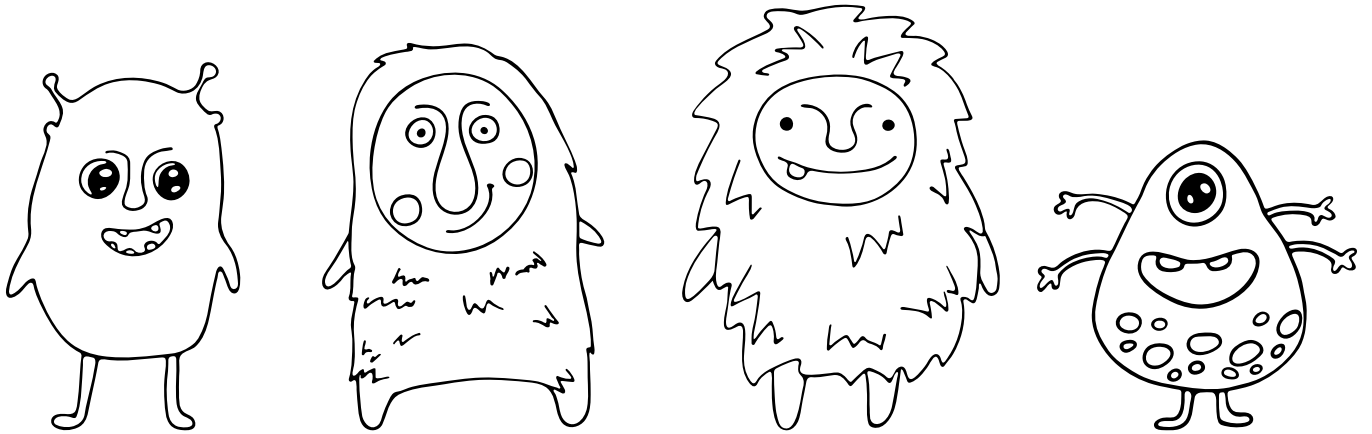
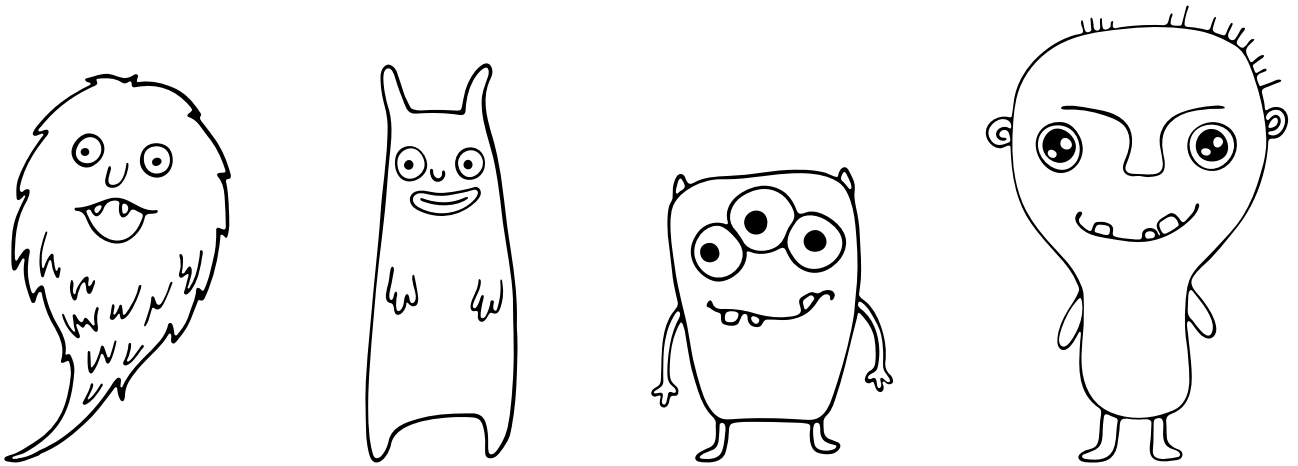
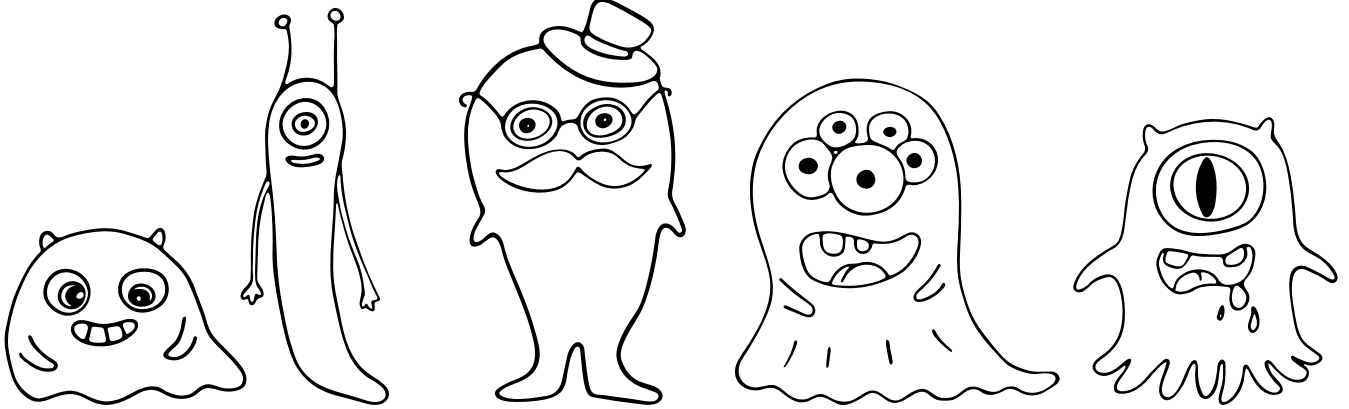
AIRPORT





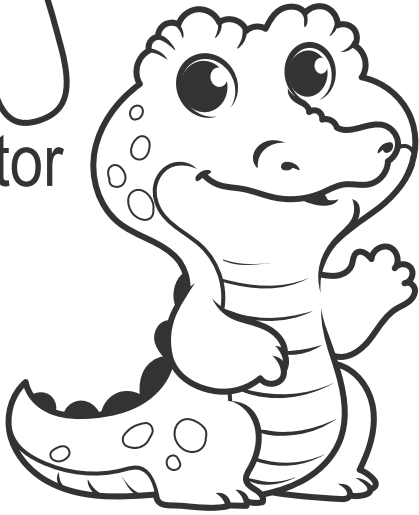






A

alligator



B

bear



C

cat



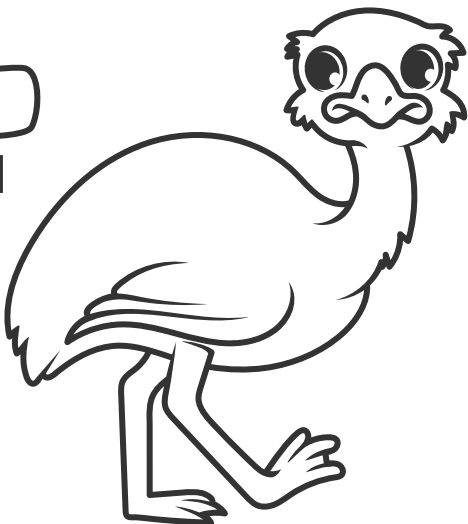
D

dog



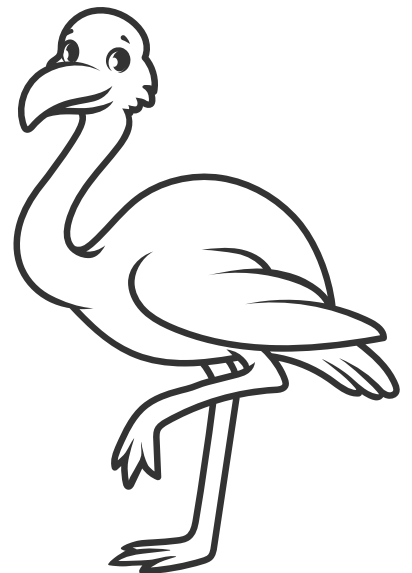
E

emu



F

flamingo





G

giraffe



H

heron



I

ibex



J

jaguar



K

kangaroo



L

lion



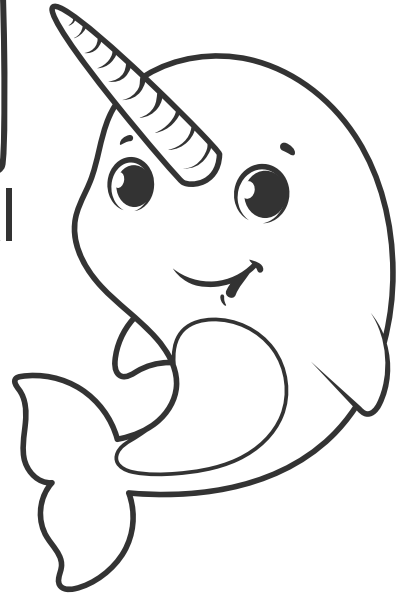
M

monkey



N

narwhal



O

otter



P

parrot



Q

quail



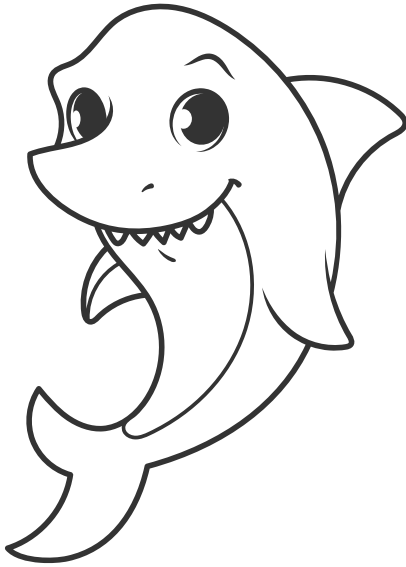
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rat



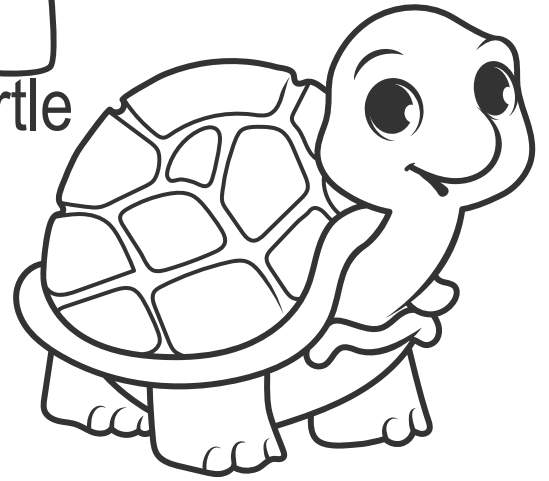
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shark



T

turtle



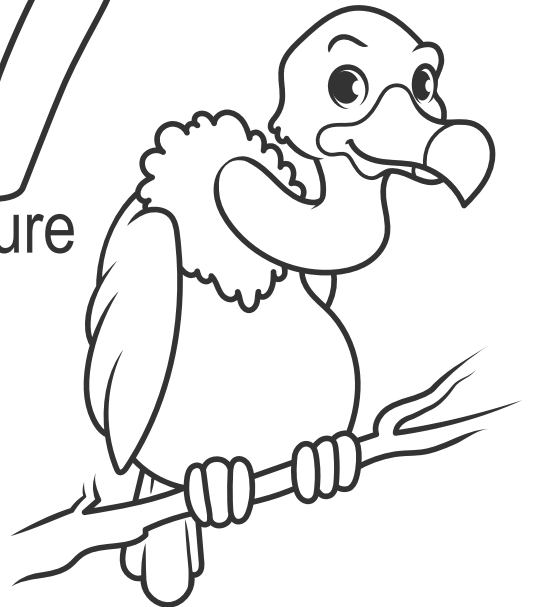
U

unicorn



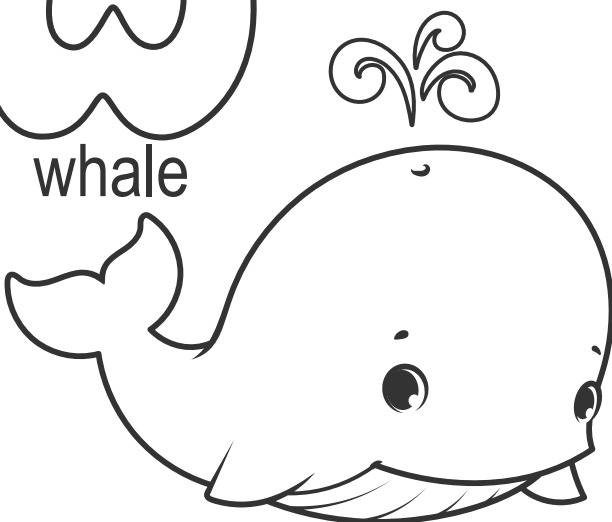
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vulture



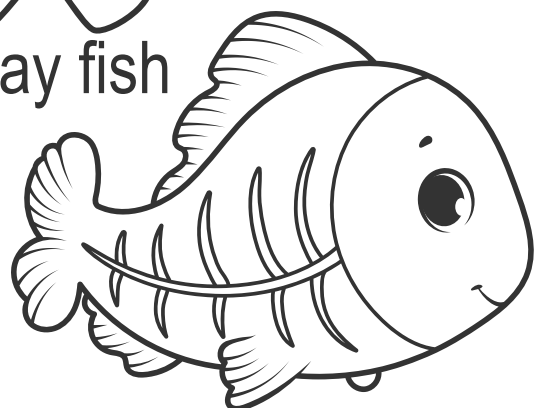
W

whale



X

x-ray fish



Y  
yak



Z  
zebra

