

Five Minute Boredom Busters

Draw a picture of something that makes you smile.



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Sing along with your favourite song.



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Take silly face selfies with a tablet or camera phone.



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Edit a photo taken on a tablet or camera phone.



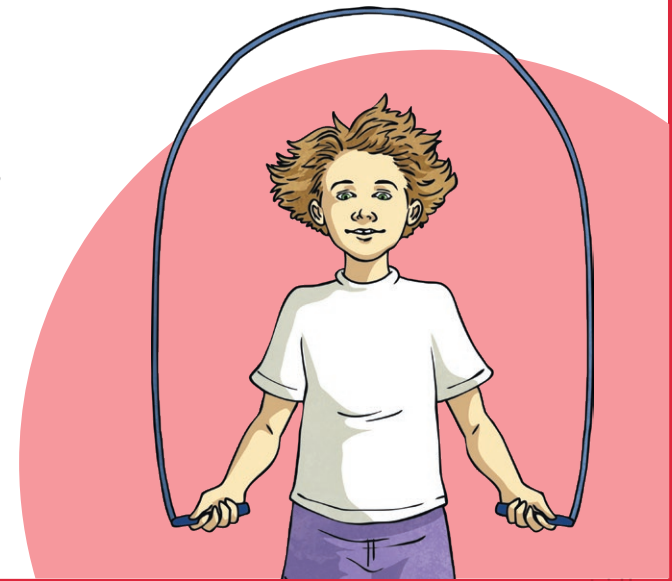
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Build a den.



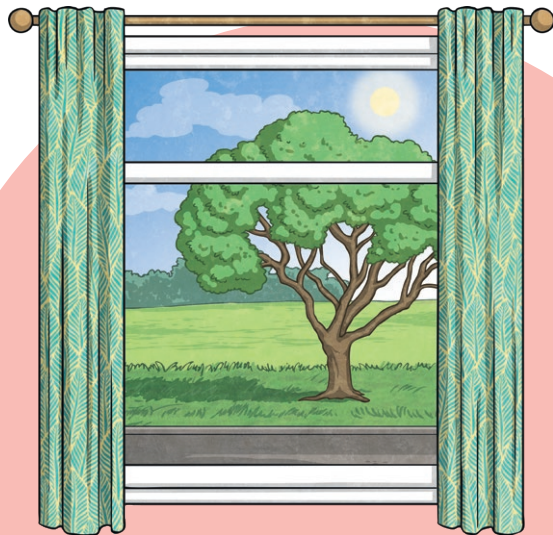
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Skip with a rope for five minutes without stopping.



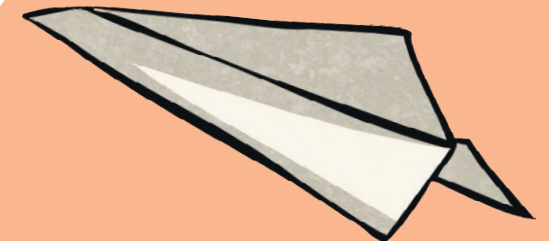
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Look out of the window for five minutes and write down what you see.



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Make a paper aeroplane and see how far it can fly.



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Write a postcard to a friend or relative.



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Draw a pirate treasure map.



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Learn a joke to make your family laugh.



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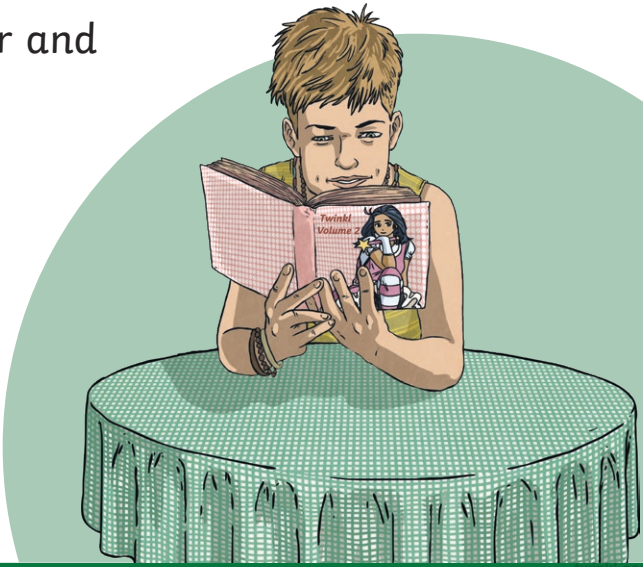
Scribble on a page and then colour in the pattern you have drawn



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Find a quiet corner and read a book.



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Ask your family if there are any jobs you can do.



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Practise throwing and catching a ball.



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Write a list of what you want to do when self-isolation is over.

