



Parent Guide

How can I use this with my children?

I'm bored is one of the worst sounds to hear when at home with your children. These jars can be filled with lots of ideas for smaller, manageable activities to beat the boredom.

How does this help my children's learning?

It can often be difficult to think of activity ideas off the cuff, when your child suddenly decides they are bored. Remove the pressure of thinking of ideas by having your jar ready to go.

Ideas for further learning:

As the ideas jars are adaptable, you and your family can get creative and invent your own ideas jars suggestions. Any ideas you have can go inside the jar.



Ideas Jar: Boredom Busters

Why not use an ideas jar as a boredom-busting tool for when you hear, 'I'm bored'? Fill it with lots of jobs or activities that your children can do on their own with minimal effort. A selection of ideas have been included in this pack or you can write down your own ideas. So, when you hear those words, you can send them to the jar to find something to do.

Decorate a clean empty jar. (You may wish to use one of the labels in this pack.) Place the jar somewhere in your house where it can be seen.

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.



Boredom
Busters




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Boredom
Busters!




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I'm
Bored



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I'm
Bored!



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Read a book.



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Make a comic.



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Bake a cake.



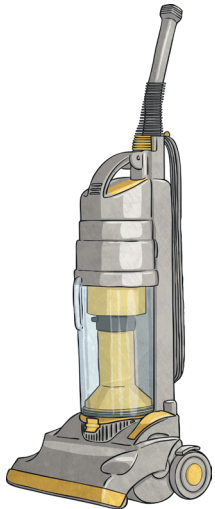
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Tidy your bedroom.



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Do a house job.



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Draw a self-portrait.



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Write a letter.



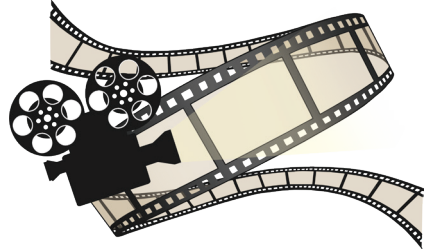
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Play in the garden.

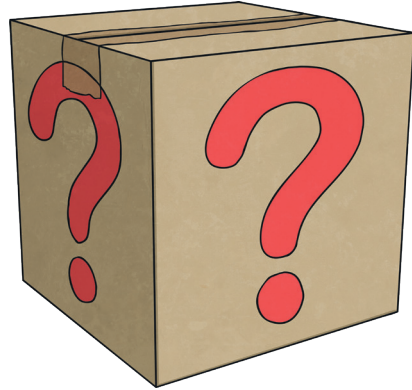


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Watch a new film.



Make something with a box.



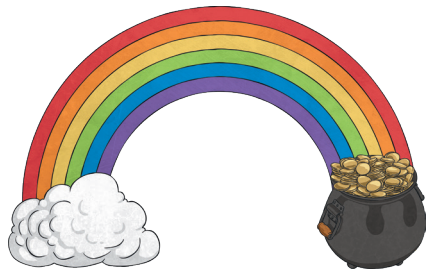
Play a board game.



Find an object for every letter in the alphabet.



Find something for each colour of the rainbow.



Play a card game.



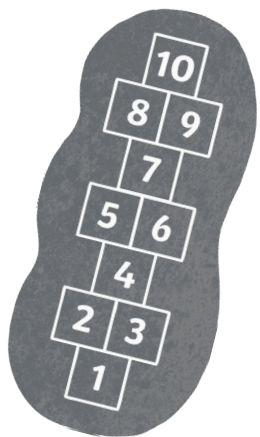
Make a video.



Learn the words to a song.



**Draw with
chalks outside.**

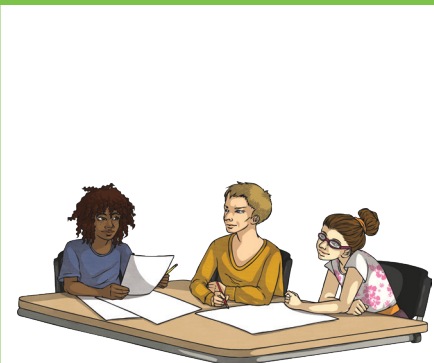


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Make a den.



Tidy your desk.



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**Find a toy to donate
to charity.**



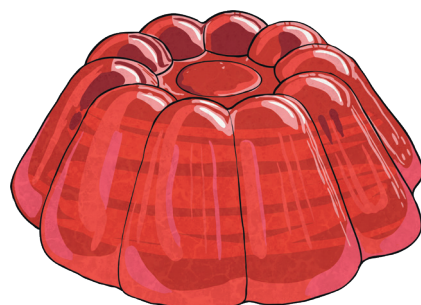
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**Find a book to
donate to charity.**



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Make some jelly.



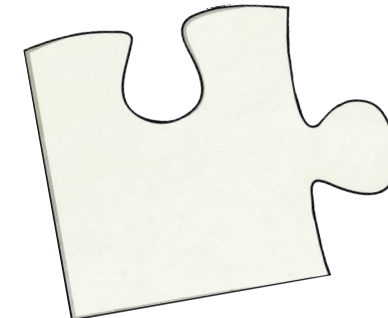
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Paint your nails.



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Make a board game.



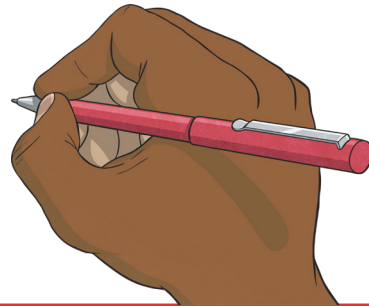
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Make an animal with playdough.



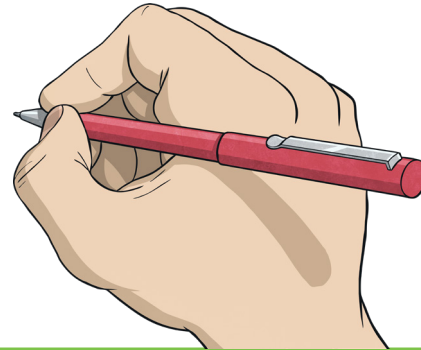
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Learn to spell 10 new words.



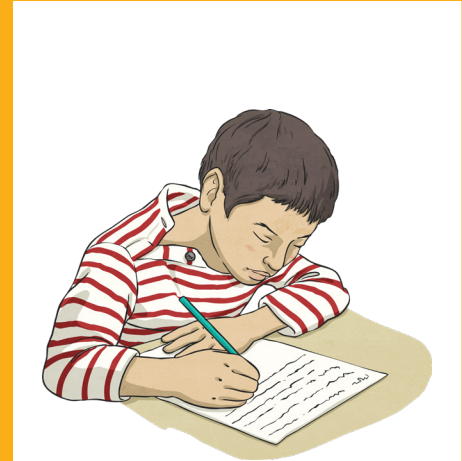
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Write a poem.



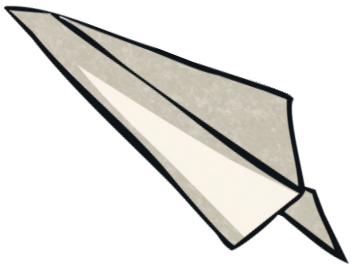
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Write a list of what makes you happy.



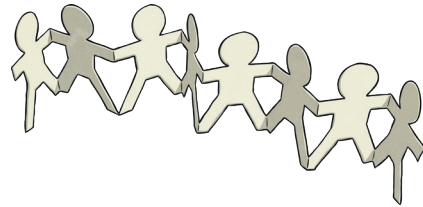
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Make and decorate a paper aeroplane.



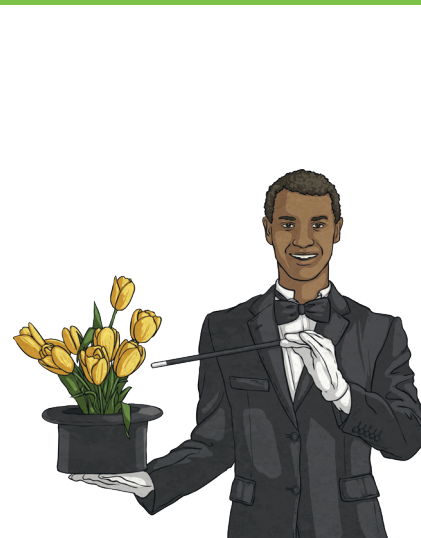
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Make a paper chain.



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Learn a magic trick.



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Have a dance.



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**Spend 30 minutes
on your tablet.**



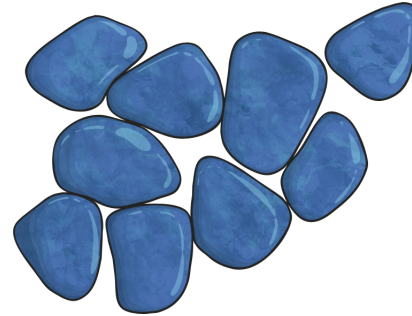
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**Learn to use the
washing machine.**



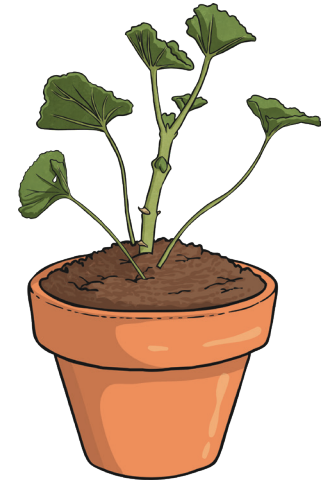
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Paint some stones.



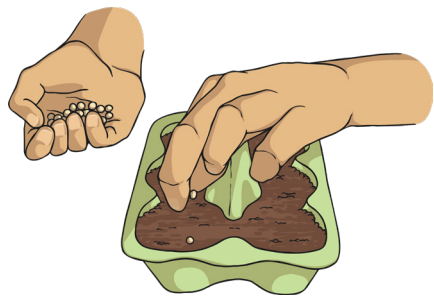
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**Decorate a
plant pot.**



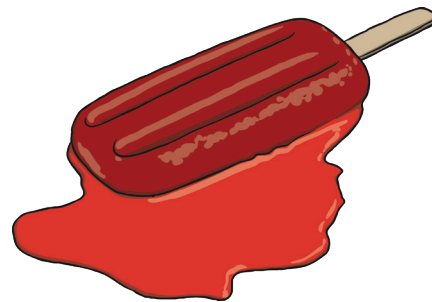
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Plant some seeds.



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Have an ice lolly.



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Have an ice cream.



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Make a family tree.



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**Make a
finger painting.**



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Go for a bike ride.



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Write in your diary.



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**Go around the park
on your scooter.**



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Go to the library.



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**Add five more
activities to the jar.**



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**Make a gift
for someone.**

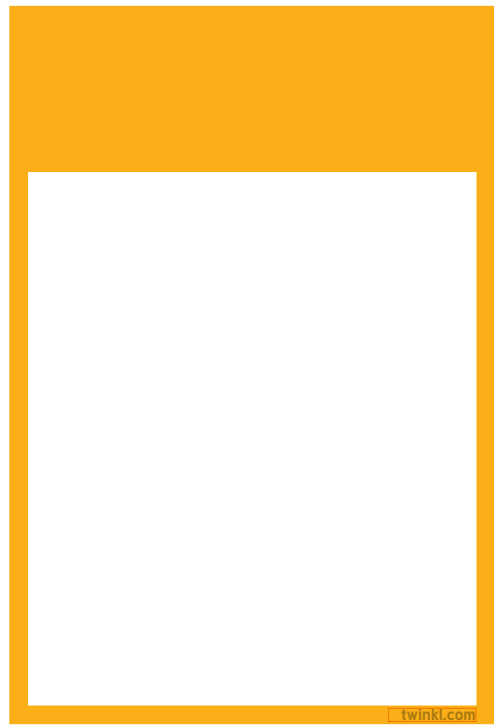
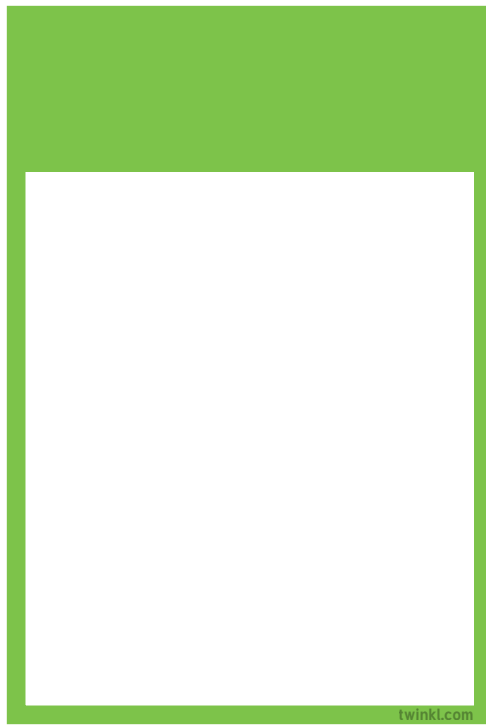
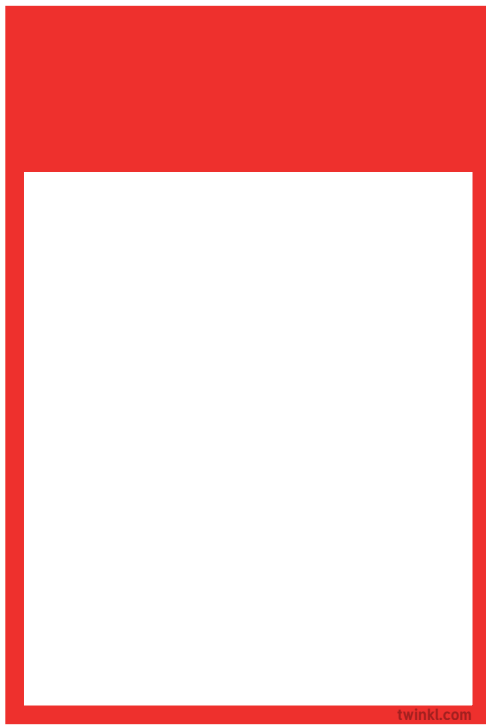
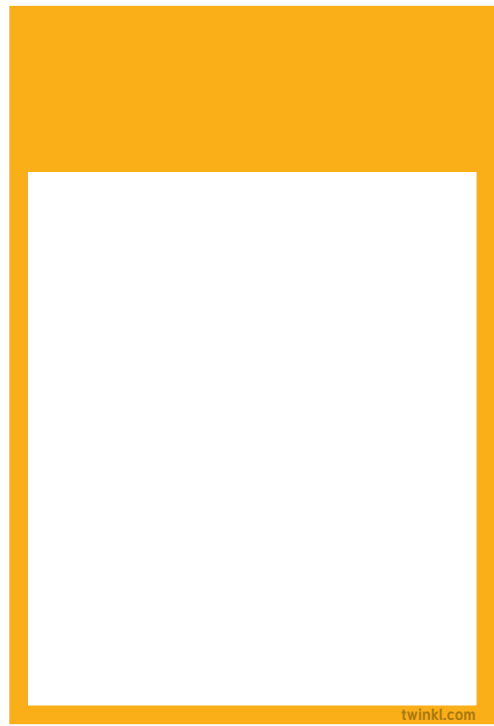
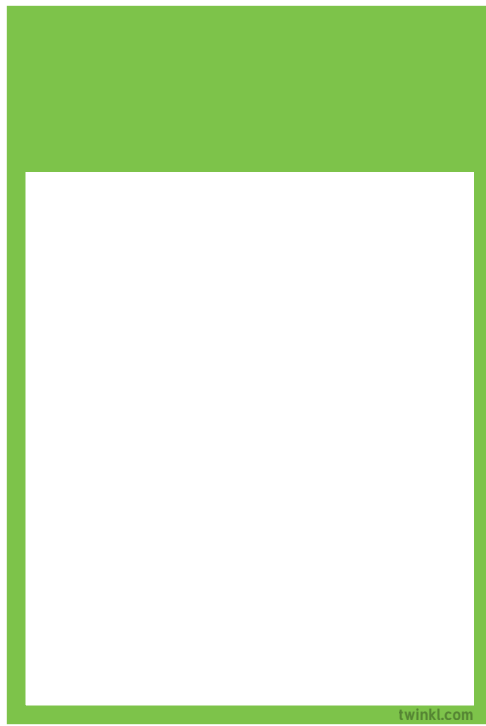
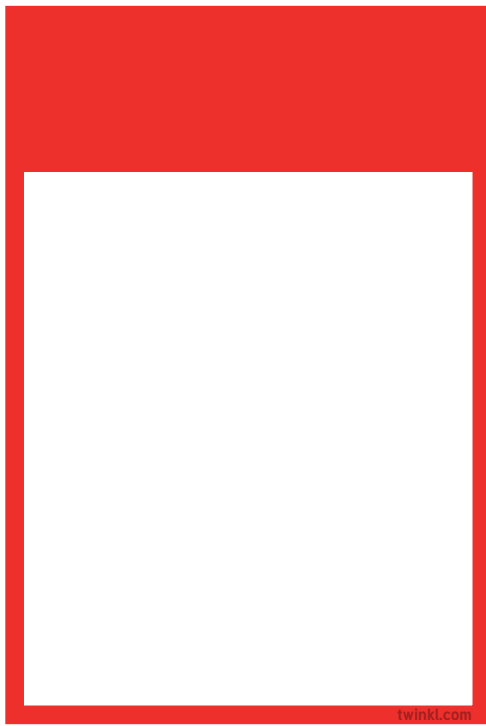


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**Make a
treasure hunt.**



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If you enjoyed this resource, why not try...

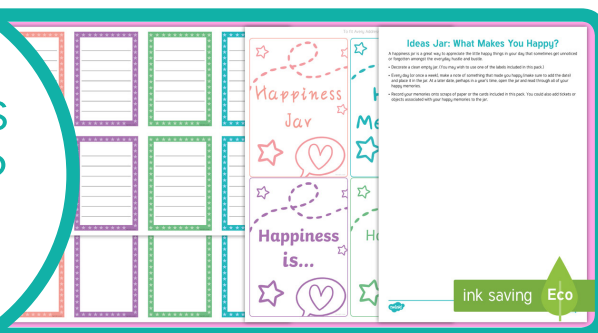
Guilt-Free Ideas Jar



Acts of Kindness Ideas Jar



What Makes You Happy? Ideas Jar



How to Make an Ideas Jar



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