



SUNDAY Boredom BUSTERS

DO FAMILY HISTORY * DRAW
A PICTURE * READ A BOOK *
MAKE UP A STORY * PLAY THE
PIANO * MAKE S'MORES *
BUILD A FIRE * MAKE DESSERT
* DO A CRAFT * WRITE IN
YOUR JOURNAL * DO AN ACT
OF SERVICE * VISIT THE
ELDERLY * TAKE A NAP * PLAY
A CARD GAME * PLAY TRUTH
OR DARE * PLAY NEVER HAVE
I EVER * GO FOR A WALK *
PLAY GAMES * MEMORIZE
SOMETHING * PLAN A FAMILY

* VACATION * DO PUZZLES * PLAY CHARADES * THEMED MEAL *
HELP IN THE KITCHEN * DRAW WITH SIDEWALK CHALK * WATCH
THE SUNSET * LEARN A NEW SONG * GO ON A PICNIC * FLY KITES *
MAKE PLAYDOH * BUBBLE BATH * MAKE A PAPER CHAIN * GO ON A
SCAVENGER HUNT * MAKE A BUCKET LIST * DESIGN A CROWN *
MAKE A WAND * PLAY BINGO * HAVE FAMILY CONVERSATIONS *
BLOW BUBBLES * BACKYARD PICNIC * LEARN A NEW SKILL * RELAX *
PLAY SEEK IT * STUDY THE BIBLE * PLAY BALLOON TENNIS * BUILD A
FORT * JUMP ROPE * 4 SQUARE * MAKE PIZZAS * MAKE A GRATITUDE
LIST * WRITE A THANK YOU NOTE * MAKE A TREAT FOR YOUR
NEIGHBORS * MAKE A BUDGET * MEDITATE * FIND SHAPES IN THE
CLOUDS * MAKE YOUR OWN BOARD GAME * MAKE FRIENDSHIP
BRACELETS * GO ON A NATURE HUNT * PLANT A GARDEN * MAKE A
TREASURE MAP * EGG AND SPOON RACE * PLAY MARBLES * HAVE A
PUPPET SHOW * PRACTICE YOUR HANDWRITING * TEACH A NEW
SKILL TO SOMEONE * MAKE A COLLAGE * BUILD WITH LEGOS *
CREATE A COMIC STRIP * LEARN A NEW LANGUAGE * HAVE A
DANCE PARTY * PLAY A SPORT WITH YOUR FAMILY * LEARN SIGN
LANGUAGE * CREATE A VISION BOARD * WRITE LETTERS * PUT ON A
PLAY * YOGA * BIKE RIDE * PLAY WHO'S MOST LIKELY TO * MEAL
PLAN