

THE IDEA JAR BOREDOM BUSTERS

Print, cut out, and put these paper slips in a jar to pull out random fun activities!

Play with
your cat or dog. 

 Climb a tree.

Read a book. 

 Write with chalk
on the sidewalk
(with permission)

Paint rocks. 

Listen to
the radio. 

 Color in
coloring books.

Pick berries
or other fruit. 

 Play a
board game.


 Jump rope-
or just jump!

Plant flowers
or seeds. 

 Play basketball
or soccer.

Play an instrument. 

 Wash the car.

 Help out
around the house.
(dust, do laundry, vacuum)

Make homemade
lemonade. 

 Have a picnic.

Watch a movie. 

 Fly a kite.

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Make Your Own! Add your own ideas
to the jar for even MORE fun activities!

A large grid of dotted lines for writing ideas. The grid is composed of 10 horizontal rows and 10 vertical columns, creating a total of 100 small rectangular cells. The lines are evenly spaced and extend across the entire page, providing a structured space for users to list their own boredom-busting activities.