

Boredom Buster Cards

Cut out, drop in a jar, and pull one when you hear 'I'm bored!'

Build the tallest tower you can

Draw a comic strip

Make an obstacle course

Write a letter to a grandparent

Put on a puppet show

Invent a new sandwich

Do 20 star jumps

Make up a secret handshake

Read to a stuffed animal

Build a fort and hide in it

Make a paper airplane fleet

Dance to 3 songs

Print on card, cut along the dashes, drop them in a jar — 12 screen-free ideas.

FAMILYDECODE

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