

Boredom Buster Jar



Supplies



- Large craft sticks or paper
- Markers, crayons, paint, ribbon, etc.
- Scissors
- Container

Instructions



Step 1: Pick a container and decorate it

*Note the container can be anything you have available but we are using an empty glass jar

Instructions



Step 2: Write fun activities on craft sticks, and decorate.

Instructions

Activities to use:

- Dance Party!
- Make a healthy snack
- Sing a song
- Have a talent show
- Go on a nature walk
- Act out a book
- Make a card and give it to a friend
- Plant a seed
- Create an obstacle course
- Chalk art
- Have a fashion show
- Make popsicles
- Clean your room
- Read a book
- Go to a park with your family

Instructions



Step 3: Put craft sticks in jar and pull one out whenever you feel bored.

Instructions



If you do not have craft sticks you can also use paper.