I’m BORED...
Things I Can Do By Myself

- Read or listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an “All About Me” board
- Color
- Write a letter or draw a picture to mail to someone
- Draw or paint pictures and host an art show
- Make bead or foil jewelry
- Make clay sculptures
- Create leaf rubbing art
- Learn a magic trick
- Create a spaceship out of a cardboard box
- Create paper dolls and houses for them
- Put together a puzzle
- Create a city with blocks
- Create an imaginary creature and write its story
- Paint
- Write and illustrate a book
- Do a photoshoot for my stuffed animals
- Act out commercials
- Play with toys and figurines
- Make clothes for my dolls and toys out of scrap fabric
- Play Cat’s Cradle
- Write a letter to my penpal
- Go on an alphabet scavenger hunt
- Create shadow art
- Make my own magazine
- Make paper flowers or snowflakes
- Create affirmation or kindness rocks
- Build with LEGO bricks
- Play Mad Libs and word searches
- Learn to juggle
- Make a Rube Goldberg machine with household items

Big Life Journal
biglifejournal.com
I'M BORED...

Things I Can Do With A Sibling

- Play hide and seek
- Have a figure skating competition in our kitchen
- Journal together
- Create our own magazine
- Play dress up
- Play a board game
- Make up silly songs
- Create art and hold an art show
- Create a play to perform for our family
- Play school
- Read to each other
- Use socks as puppets and have our own puppet show
- Make paper airplanes and see which one can fly the farthest
- Play I Spy
- Make up a secret language
- Create an indoor “camp out”
- Host a radio show
- Play store

- Build a house with cards
- Play library
- Draw cartoons or comic strips
- Play superheroes
- Make up a funny skit
- Play a card game
- Play the ABC game. Pick a theme (animals, food, etc) and take turns naming an item that starts with that letter
- Use items in our house (pots, pans, boxes, etc) to make our own instruments
- Play charades
- Create a blanket fort under the dining room table or on our beds
- Play Simon Says
- Design a board game
- Sing karaoke
- Do a science experiment
- Put on a shadow puppet show using a flashlight
Things I Can Do

Indoor Activities for Teens

- Learn a new skill (coding, origami, animation, instrument, etc.)
- Learn a new language
- Learn magic tricks
- Replicate famous art
- Paint or draw a self-portrait
- Draw cartoons or comic strips
- Publish a newspaper or magazine
- Write or draw a letter or an email to a penpal or relative
- Video chat with a friend
- Make friendship bracelets
- Do a puzzle
- Solve a crossword or Sudoku puzzle
- Play Solitaire
- Journal
- Write and illustrate a short story
- Write a play
- Write and direct a short film
- Write a song or a poem
- Make a music video
- Fix something that's broken
- Clean out my closet and put together a bag of items to donate
- Redecorate or organize my bedroom
- Host a fashion show in my room
- Research my family tree
- Look through photo albums
- Create a video using family videos and photos
• Put together a time capsule
• Make tissue flower bouquets
• Make paper beads from magazines
• Create dough art
• Make pressed flower cards
• Crochet or cross stitch
• Create a collage
• Collect quotes that inspire me
• Cook a new recipe
• Bake a treat
• Start a blog
• Start an Instagram page for my pet
• Create a vision or dream board
• Make a bucket list
• Design my dream house
• Plan my dream trip
• Research a country I’d like to travel to
• Take virtual museum tours
• Take an online class
• Watch a documentary
• Learn about constellations and locate them at night
• Research and create a video about a person I admire
• Design a board game
• Make a list of my business ideas
• Start a business
• Build a website
• Learn to dance following a Youtube video
• Take an online exercise class
• Do yoga
THINGS I CAN DO
WITH A SIBLING
Indoor Activities for Teens

• Play a board game
• Cook or bake together
• Read to each other
• Hold an art show
• Make up a play to perform for our family
• Journal together
• Take silly selfies
• Paint pictures or affirmations on rocks
• Go on an indoor scavenger hunt
• Build a volcano out of paper māché
• Create a board game
• Play balloon volleyball
• Have a Jenga tournament
• Sing karaoke
• Make a movie
• Make a music video
• Write and direct a short film
• Play a card game or learn a new one
• Play charades
• Exercise
• Cook a new meal
• Have a spa day
• Design a board game
• Do a science experiment