

# Have You...

**B**een outside?

**O**ffered to help?

**R**ead or written something?

**E**xercised?

**D**one something creative?



# SUMMER BOREDOM BUSTER CHALLENGE

How many can you check off?



## Be outside

- Have a backyard picnic
- Explore a nature trail
- Build a bird feeder
- Plant a garden
- Have a lemonade stand
- Play with water balloons
- Picnic in the park
- Go on a nature scavenger hunt
- Help with yard work
- Prepare meals
- Volunteer locally
- Fix something
- Donate old clothes
- Clean up a local park
- Help a neighbor
- Set the table
- Sort clean laundry
- Organize toys

## Read (or write!)

- Listen to an audiobook
- Read under a tree
- Start a book club
- Read a magazine
- Read a play aloud
- Write a story
- Create a comic
- Start a journal
- Read to a pet

## Exercise

- Build an obstacle course
- Practice yoga
- Play hide-and-seek
- Play tag
- Go for a bike ride
- Take a hike
- Play kickball
- Play frisbee golf
- Jump rope
- Swing on swings

## Do something creative

- Build a fort
- Make a scrapbook
- Have an art show
- Take an art class
- Start a new collection
- Practice origami
- Have a puppet show
- Have a fashion show



- |  |  |   |   |   |
|--|--|---|---|---|
| <input type="checkbox"/> Fly a kite                  | <input type="checkbox"/> Sweep the floor           | <input type="checkbox"/> Write a haiku                      | <input type="checkbox"/> Learn a dance            | <input type="checkbox"/> Make a time-lapse video  |
| <input type="checkbox"/> Watch the sunset            | <input type="checkbox"/> Fold laundry              | <input type="checkbox"/> Make a list                        | <input type="checkbox"/> Make a hopscotch         | <input type="checkbox"/> Build a mini golf course |
| <input type="checkbox"/> Create sidewalk chalk art   | <input type="checkbox"/> Help someone younger      | <input type="checkbox"/> Write a letter                     | <input type="checkbox"/> Hula hoop                | <input type="checkbox"/> Try a new hairstyle      |
| <input type="checkbox"/> Have a water fight          | <input type="checkbox"/> Wipe the kitchen counters | <input type="checkbox"/> Read in the dark with a flashlight | <input type="checkbox"/> Kick a ball              | <input type="checkbox"/> Paint a picture          |
| <input type="checkbox"/> Gaze at the clouds          | <input type="checkbox"/> Help with a pet           | <input type="checkbox"/> Play a word game                   | <input type="checkbox"/> Play 'Simon Says'        | <input type="checkbox"/> Make a collage           |
| <input type="checkbox"/> Catch frogs                 | <input type="checkbox"/> Make your bed             | <input type="checkbox"/> Write a recipe                     | <input type="checkbox"/> Run around outside       | <input type="checkbox"/> Build with LEGO          |
| <input type="checkbox"/> Watch the birds             | <input type="checkbox"/> Send a get-well-soon card | <input type="checkbox"/> Read to a sibling                  | <input type="checkbox"/> Play catch               | <input type="checkbox"/> Mold with clay           |
| <input type="checkbox"/> Find a four-leaf clover     | <input type="checkbox"/> Help with dishes          | <input type="checkbox"/> Write a song                       | <input type="checkbox"/> Climb a tree             | <input type="checkbox"/> Design a card            |
| <input type="checkbox"/> Splash in puddles           | <input type="checkbox"/> Make a meal               | <input type="checkbox"/> Make a crossword puzzle            | <input type="checkbox"/> Jump on a trampoline     | <input type="checkbox"/> Draw a maze              |
| <input type="checkbox"/> Find a caterpillar          | <input type="checkbox"/> Empty the trash           | <input type="checkbox"/> Write a diary                      | <input type="checkbox"/> Play basketball          | <input type="checkbox"/> Build a fairy garden     |
| <input type="checkbox"/> Host an outdoor movie night | <input type="checkbox"/> Tidy up your bedroom      | <input type="checkbox"/> Read a blog                        | <input type="checkbox"/> Go swimming              | <input type="checkbox"/> Record a podcast         |
| <input type="checkbox"/> Play 'Sardines'             | <input type="checkbox"/> Clean your desk           | <input type="checkbox"/> Write and perform a play           | <input type="checkbox"/> Play soccer              | <input type="checkbox"/> Design a bookmark        |
| <input type="checkbox"/> Go geocaching               | <input type="checkbox"/> Wipe the bathroom sink    | <input type="checkbox"/> Read a map                         | <input type="checkbox"/> Practice cartwheels      | <input type="checkbox"/> Decorate a rock          |
| <input type="checkbox"/> Take nature photos          | <input type="checkbox"/> Plant a tree              | <input type="checkbox"/> Write a thank-you note             | <input type="checkbox"/> Do jumping jacks         | <input type="checkbox"/> Make a bracelet          |
| <input type="checkbox"/> Blow bubbles                | <input type="checkbox"/> Put away groceries        | <input type="checkbox"/> Read a mystery                     | <input type="checkbox"/> Skip rope                | <input type="checkbox"/> Create a costume         |
|  | <input type="checkbox"/> Take out recycling        | <input type="checkbox"/> Write a joke                       | <input type="checkbox"/> Try slack-lining         | <input type="checkbox"/> Build a cardboard castle |
|  | <input type="checkbox"/> Help with gardening       | <input type="checkbox"/> Read in a fort                     | <input type="checkbox"/> Have a three-legged race |   |
|  |  | <input type="checkbox"/> Write an acrostic poem             | <input type="checkbox"/> Play capture the flag    |   |

Have You...

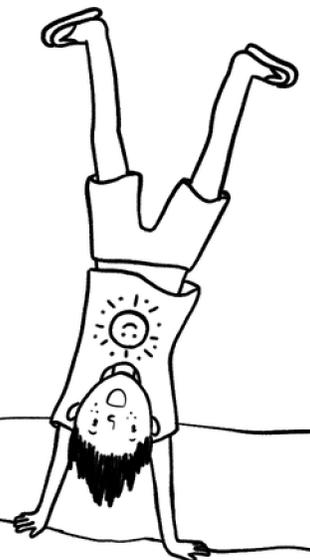
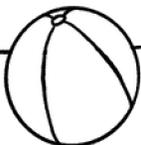
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## Not sure if it applies to you?

Take a quick look at what's included based on your role:

 [For Schools & Educators \(PDF one-pager\)](#)

 [For Therapists & Mental Health Professionals \(PDF one-pager\)](#)

If you have any questions, email us at [support@biglifejournal.com](mailto:support@biglifejournal.com)

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– The Big Life Journal Team

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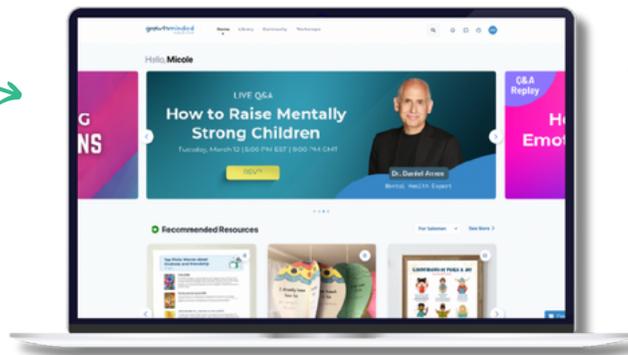
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