

## Welcome!



### A Note From Kara

Hi there, fellow mom!

If you've ever heard the words "I'm boooored" echo through your home approximately 4.2 minutes after breakfast... welcome.

You're in exactly the right place.

I'm Kara — mom, author, educator, and creativity junkie.

As a mom of two (now grown!) boys, I know that summer can feel like a beautiful, endless adventure and a slow-motion circus without a ringmaster.

That's why I created this guide.

Inside, you'll find 175 boredom busters—real activities designed to spark creativity, independence, and just enough structure to keep your kids busy (without driving you bananas).

These aren't "set up an elaborate craft with glitter that ends in tears" kind of ideas. They're fun, flexible, and low-pressure — perfect for real life.

Why boredom busters?

Because boredom isn't bad — it's actually brilliant. It helps kids flex their imagination, build resilience, and even discover new interests.

That said... too much boredom?

That's when the walls get drawn on, the dog gets a haircut, and your patience mysteriously disappears.

This guide helps you find the sweet spot: just enough inspiration to spark their next adventure — while giving you the freedom to drink your coffee (while it's still hot).

Thanks for letting me be part of your summer. I hope this printable gives you a few peaceful minutes, lots of laughter, and even more memories. You've got this — and I've got your back.

With love & (a little) quiet,

Kara

Mom | Author | Educator | Snack Queen



## 175 Boredom Busters

### 1. Indoor Activities

For 8 and Under:

- Blanket forts
- DIY musical instruments
- Finger painting
- Playdough
- Puppet shows
- Sensory bins
- Sticker collages
- Storytelling with toys

For 9-12:

- Baking competitions
- Creative writing prompts
- Designing board games
- Escape room challenges
- Junk modeling
- Learning magic tricks
- Make domino chains
- Stop-motion animation

### 2. Outdoor Adventures

For 8 and Under:

- Backyard camping
- Bug hunts
- Giant bubbles
- Hopscotch
- Kite flying
- Obstacle courses
- Scavenger hunts
- Sidewalk chalk murals

For 9-12:

- Biking challenges
- Frisbee golf
- Geocaching
- Hiking with a nature journal
- Nature collage
- Photography scavenger hunt
- Rock collecting
- Survival skills training
- Treehouse building





### 3. Water Fun

For 8 and Under:

- Backyard car wash
- Fishing for toys
- Ice cube painting
- Making mini water parks
- Splash pad
- Sponge relay races
- Toy boat races
- Water balloon piñata
- Water balloon toss

For 9-12:

- Backyard water jousting
- Designing a water obstacle course
- Kayaking
- Making giant ice sculptures
- Raft-building
- Slip-n-slide races
- Sprinkler games
- Water balloon catapult
- Wet sponge toss

### 4. Board Games & Puzzles

For 8 and Under:

- Memory matching
- Candy Land
- Chutes and Ladders
- Early Card games like UNO, Old Maid, and Go Fish,
- Guess Who?, Hedbanz
- Simple puzzles
- Early cooperative games like Hoot Owl Hoot! and Outfoxed

For 9-12:

- Chess tournaments
- Clue mysteries
- Cranium
- Crossword challenges
- DIY escape room puzzles
- Logic brain teasers
- Strategy games like Risk, Rummikub, and Ticket to Ride
- Trivia night





## 5. STEM Challenges

For 8 and Under:

Baking soda volcanoes

Balloon rockets, Paper airplane races

Lego challenges

Magnet experiments making slime with different textures

Making slime with different textures

Marshmallow towers

Origami

Rainbow density jars, Sink-or-float tests

For 9-12:

3D printing

Alka-Seltzer powered lava lamp

Bridge-building

Coding a simple game

Coloring Carnations or celery

Designing circuit boards

Launching bottle rockets

Rube Goldberg machines

Solar-powered car challenge

## 6. Creative Arts

For 8 and Under:

Clay sculpting

Finger painting

Friendship bracelets

Make wind chimes

Potato stamping

Rainbow scratch art

Storybook illustrations

Sponge painting

For 9-12:

Advanced watercolor techniques

Calligraphy

Canvas painting

Comic books

Designing T-shirts

Jewelry making

Photography projects

Songwriting





## 7. Physical Play

For 8 and Under:

- Balloon volleyball
- Bean Bag Tic-Tac-Toe
- Follow-the-leader
- Freeze dance
- Hide-and-seek
- Indoor obstacle courses
- Relay races
- Simon Says

For 9-12:

- Basketball shooting contests
- Hula hoop tricks
- Indoor rock climbing
- Jump rope tricks
- Parkour training
- Rollerblading/Skatboarding
- Soccer drills
- Trampoline challenges

## 8. Imaginative Play

For 8 and Under:

- Dress-up fashion show
- Grocery store role-play
- Dinosaur adventures
- Making cardboard castles
- Outer space pretend play
- Pirate treasure hunts
- Princess and dragon adventures
- Stuffed animal tea party
- Superhero training

For 9-12:

- Acting out skits
- Creating a board game storyline
- Designing a theme park
- Designing dream houses
- Hosting a pretend talk show
- Role-playing historical figures
- Running a pretend restaurant
- World-building for a fantasy land



## 9. Reading & Learning

For 8 and Under:

- Alphabet scavenger hunt
- DIY bookmark
- Interactive story-time
- Library treasure hunts
- Listening to audiobooks
- Making a picture book
- Shadow puppet storytelling
- Writing letters to pen pals

For 9-12:

- Book clubs
- Biography scrapbooking
- Creating a poetry journal
- Learning a new language
- Podcasting about books
- Researching passion projects
- Visiting virtual museums
- Writing reviews

## 10. Volunteering & Acts of Kindness

For 8 and Under:

- Baking treats for neighbors
- Collecting canned goods
- Drawing thank-you notes
- Feed the birds
- Helping clean up a park
- Making cards for nursing homes
- Making care bags for shelters
- Painting kindness rocks

For 9-12:

- Creating a kindness challenge
- Lemonade stands for charity
- Making videos for hospital patients
- Mentoring younger kids
- Organizing charity drives
- Sewing blankets for shelters
- Starting a community garden
- Volunteering at an animal shelter





## 11. Delayed Gratification Projects

For 8 and Under:

- Creating a time capsule
- Gratitude jars
- Growing a plant from seeds
- Knitting a scarf
- Paper mache projects
- Saving for a special toy
- Slow-building puzzles
- Sticker reward chart

For 9-12:

- Coding a game
- Knitting a blanket
- Learning an instrument
- Long-term art projects
- Making a scrapbook
- Plant a pollinator garden
- Raising funds for a cause
- Sewing projects
- Training for a sports event
- Writing a novel

Now you're armed with enough boredom-busting ideas to last all summer. So, the next time your kid says, "I'm bored," just smile—because you've got this!

For more fabulous kid friendly, mom approved activities, reading fun, and time saving freebies and "calm the chaos" helpers, go to:  
[EpicPublisher.com](http://EpicPublisher.com)

