



Welcome!

A Note From Kara

Hi there, fellow mom!

If you've ever heard the words "I'm boooooored" 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

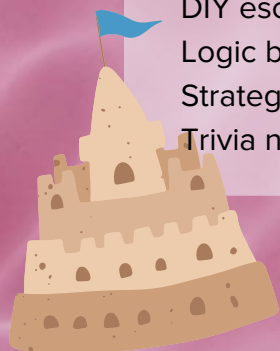
4. Board Games & Puzzles

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-Selzter 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

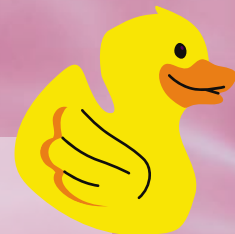
Designing T-shirts

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

