

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



Offer to help

- ☐ 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



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

Have You...



Been outside?



Offered to help?



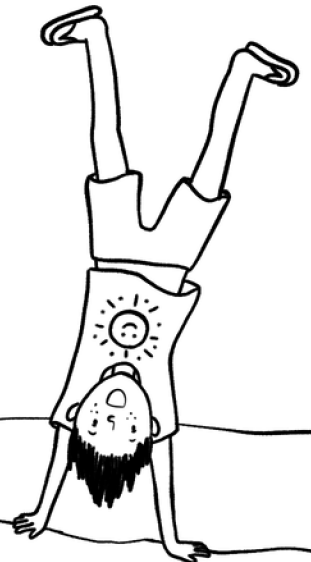
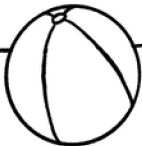
Read or written something?



Exercised?



Done something creative?



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With gratitude,
Big Life Journal team

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-Krista

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