

My Summer Bored Board

Choose activities from the choice board and place here



My Summer Bored Board Choices



Set up an obstacle course in the garden



Have a picnic in the back garden



Help to wash the car



Socially distant meeting with my friend



Look for smooth rocks or pebbles and paint



Learn to make flowers out of tissue or crepe paper



Play outside with a hula hoop



Tablet/iPad



Complete a jigsaw puzzle or play a board game



Find a comfy spot and listen to an audio book



My Summer Bored Board Choices



Watch my favourite movie



Call or face-time a friend or family member



Build a tent with blankets



Pick some wildflowers



Set up indoor bowling with plastic water bottles and a ball



Draw a picture



Glue seashells onto an old picture frame



Make summer postcards



Try out some yoga for kids videos



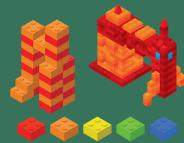
Go for a drive with my family



My Summer Bored Board Choices



Help to water
all the plants
outside



Have a Lego
building contest



Hunt for bugs



Make
marshmallow
catapults



Plant
summer
flowers



Tidy my room



Bake a cake



Help to make
dinner



Spend time on
personal care



Going to the
play park
today



My Summer Bored Board Choices



Organise my bedroom or quiet space



Write down how I am feeling today



Sit outside in the garden



Playdoh activity



Ride my bike



Go for a walk



Make a target board in your driveway and toss wet sponges at it



Draw a giant hop-scotch on the driveway



Decorate the house with summer themed decorations



Visit my local park



My Summer Bored Board Choices



Eat some fruit today



Collect some moss, bark and leaves and make a fairy house



Treat myself to something nice with my pocket money



Create your own summer Olympic games



Make a list of things I am thankful for



Do some exercise



Read a book



Trampoline



Have my favourite food



Play games with my dog

