

1000

low to **N**  cost

Summer

BOREDOM BUSTER IDEAS

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Thank you so much for downloading this collection of 100 low to NO cost Summer Boredom Buster Ideas! Feel free to print this out and keep handy all summer long! This is just a list of **ideas**. You will want to use Google and Pinterest for recipe inspiration and how-to instructions on some of these ideas.

1. **Go geocaching!** It's fun and free. Find geocaches in your area online.
2. Play **hide-n-seek**. It's always a favorite! And if mom hides well, she may or may not enjoy 5 minutes of sitting down. lol
3. Go **swimming**.
4. **Play in the sprinklers**.
5. Have a **picnic** in your backyard or at the park.
6. **Park Week** ~ visit a new park each day for a week.
7. Play at your local school's **playground**. It's nearby and most likely less crowded than other parks in your area.
8. **PLAY BALL!** Dodge ball, tether ball, baseball, football, basketball, catch, tennis, racquetball, and more!
9. Go for a **bike ride**.
10. Take a **hike** or go for a **walk**.
11. Create a masterpiece using **sidewalk chalk**.
12. **Make lawn art!** Using a stencil and flour, you can decorate your lawn.
13. **Plant something:** A plant, a tree, seeds, or a time capsule.
14. Have a **bike wash!** A bucket of water with some soap, a sponge or wash cloth, a hose, and a bike makes for a fun time!
15. Play **Frisbee**.

16. **Set up an obstacle course.** Take a tote of items found in your garage (balls, Frisbees, jump ropes, bubbles, sidewalk chalk, pool noodles, water balloons, bikes, and more) and create a fun obstacle course. Kids love running around, jumping over and tossing things, blowing bubbles, and throwing water balloons. The course can be changed up to keep it fresh and fun! And if it burns off some of their energy and helps them nap or sleep well at night, then all the better!

17. Go to the **splash pad** or spray ground. If you don't know of any, take a Facebook poll. People love to tell you what they know!

18. **Feed ducks and geese.**

19. Make **s'mores**. If you don't have a fire pit to roast your marshmallows, use your microwave to make the s'mores. Kids love to see the marshmallows blow up really big!

20. **Build a fort.** A few lawn chairs, rope, sheets, blankets, tablecloths, and clothespins is all it takes. This one keeps my little ones occupied for quite a while! It's fun to watch their creativity at work!

21. Host a **lemonade stand**. And by lemonade, I mean lemonade, soda, cupcake, vegetable, fruit, or whatever kinda stand your kids wanna host. Have a few too many cucumbers growing in your garden? Cucumber stand! This is especially effective if the stand is held during your neighborhood's garage sale weekend.

22. Catch **fireflies** or **butterflies**.

23. Watch **fireworks**. Look online for local fireworks displays.

24. Have fun with **water balloons**.

25. Enjoy **story time** in the hammock, on a blanket in the shade, on the deck or a park bench. It's extra fun because it's out of the ordinary.

26. **Paint!** Whether it's with craft paint, finger paints, watercolor, frosting, or shaving cream, use what you have and have fun with it!

27. Play **photographer**. Hand over your phone or camera and let your kids take some photos. It's always fun to see things from their point of view.

28. Play **board games**. It's fun to set one up on a blanket in a shady spot.

29. Make **homemade pizzas**.

30. **Camp in the living room**. Move mattresses into the living room or put couch cushions on the floor. Give them a few blankets and flashlights and they are all set!

31. Go to the **library**. Check your local libraries for events calendars.

32. **Roller skate, roller blade, and/or skateboard**.

33. **Write notes to friends and family**. It's fun to draw, color, and write notes to loved ones. A few note cards or sheets of paper, crayons, colored pencils, and markers makes for a fun afternoon.

34. **Make homemade ice cream**. Search Google and Pinterest and you will have oodles of ice cream recipes at your disposal.

35. **Bake cookies**, brownies or cupcakes. Sharing with a friend or neighbor is always fun too.

36. **Host a play date**.

37. **Veterinarian Day** Place all of your children's stuffed animals on chairs and the sofa in your living room. Add a few sheets of paper on a clipboard, created x-rays with white crayon on black construction paper, and placed a few of their toys (doctor set, bowls from their play kitchen, a stethoscope, a few strips of fabric for bandages) on the coffee table. Their imaginations handled the rest!

38. Make **sugar scrub** and give each other foot rubs.

39. Have a **build-off**. Whether your little one is into **Legos**, blocks, K'Nex, Trio, Lincoln Logs, etc, have a build-off. Challenge each other to use the most pieces, make the biggest or longest creation, make an animal, create a specific shape, use all one color or one of every color, etc.

40. **Leaf rubbings are fun.** Have children collect a few leaves, lay a sheet of paper on top, and use the side of a crayon to rub the leaf. Cut them out and hang them around the house.
41. Visit a **museum**. Many museums have discounted days and sometimes admission is free for residents.
42. **Stargaze.**
43. Play **I-Spy** while on a walk.
44. Make a delicious **no-bake dessert** together.
45. **Play school.** Lots of fun worksheets can be found online and is a great way to continue learning during the summer.
46. Play the **license plate game**. Drive around and find the letters of the alphabet on license plates. Don't stop until you find A-Z.
47. **Attend a kid's workshop at Lowe's and/or Home Depot.** Visit their websites for details on fun (and free) workshops for kids.
48. Make **popsicles**.
49. Go to a local **pet store** or humane society and give some animals your love and attention.
50. **Fly a kite.**
51. **Go fishing.**
52. Make **bird feeders**. Coat an empty toilet paper roll with peanut butter and bird seed. Tie to a tree and voila!
53. Play **hopscotch**.
54. Have fun with **bubbles**. See who can blow the biggest, the most, or the smallest.

55. **Attend a free concert at your park.**

56. Go to your local **airport** and watch the **planes** take off and land.

57. Go to a **parade**.

58. **Make pet rocks.** Collect a few rocks, decorate with craft paint, add googly or painted eyes, and name your new pet. Easy to care for too!

59. **Invite a couple friends over for a sundae bar.** Some ice cream, sprinkles, chocolate syrup, whipped cream, and candy toppings make for a super fun sundae bar. Score major parent points with this one!

60. Have a **puppet show**. Or magic show. Or talent show. Often just make a suggestion to your little ones is all it takes for their imaginations to soar!

61. Have a **family movie night**. In the living room. In the bedroom. In the backyard. On the deck.

62. **Go to the movies.** Some movie theaters offer FREE or very discounted movies during the summer. Check your local theaters.

63. **Go bowling.** Some bowling alleys offer FREE bowling during the summer. Check your local bowling alley.

64. **Waterpalooza** ~ set up water balloons, water sprayers, cups, water bottles, the hose, a sprinkler, a pool, and water toys for a fun time!

65. **Make a paper bag scrap book.**

66. **Visit a farmer's market.**

67. **Make a wind chime.** Think recycled/up-cycled items such as old silverware, toys, seashells, driftwood, and more.

68. **Craftapalooza** ~ set up a variety of craft items such as stickers, paper, pipe cleaners, ribbon, pasta, fabric scraps, and more, and let your kids craft to their heart's content!

68. **Make a collage**. Use pictures clipped from magazines. Challenge your kids by suggesting a collage theme ~ yellow, a rainbow of colors, foods, big/little things, words, items that begin with a certain letter, etc.

69. **Attend a kid's craft workshop at your local craft store**. Check websites for stores such as **Michael's**, **JoAnn**, and **Hobby Lobby**.

70. Make a **time capsule** and "plant" it in your yard.

71. **Wash the car**.

72. **Read books together**. This is especially fun when it's on the patio, on the deck, on the boat, at the park, in the hammock, or in a fort.

73. Make **lemonade**. Or ice tea.

74. **Play dress up. Or superhero**.

75. Join a **summer reading program**. Check your local library and/or bookstore.

76. Invite the neighbor kids to play Red Rover, Freeze Tag, Simon Says or Mother May I.

77. Go to a **festival**. Check your local listings for details. Many cities have festivals which offer fun for the entire family.

78. **Cook a meal together as a family**.

79. Make **homemade slime**.

80. **Plant a garden**. Whether it's in the backyard or a little container in your windowsill, planting something and watching it grow is a fun experience for kids.

81. Visit a **national park**. Many offer free days each year.
82. Visit a **local nature center**. Many offer free or low-cost activities for shorties and families.
83. **Random Act of Kindness** - Do a **good deed** and make the world a better place. Whether it's picking some flowers from your yard and delivering them to a local nursing home, offering to walk a friend's dog while they are out of town, picking weeds in an elderly neighbor's yard, paying for the person's order behind you, or volunteering, this is a good experience for all involved.
84. Visit your local **fire station**. Taking a treat for the firefighters is a sweet idea too.
85. Make **mud pies**. Real ones. With dirt. And grass. And rocks. And sticks.
86. **Make leaf prints**. Place a leaf under a piece of muslin and use a rubber mallet to pound the leaf gently until the color begins to show on the muslin.
87. Have a **dance party**.
88. **Pick wild flowers**.
89. **Play in the sand**. Whether it's at the beach, at the park, or in your backyard or kitchen, it's fun!
90. **Make pasta art**. Craft paper, colored pasta, and glue is all it takes for creative fun.
91. Go to the **zoo**.
92. **Feed the birds**.
93. **Check local listings for fun and free events in your area**. Events may include festivals, concerts, fairs, markets, and more.
94. **Visit a local farm**.

95. **Go to the beach or lake.** Invite a few friends to come along and you can split the price of parking.

96. **Study clouds.**

97. Check **free workshops** at your local Apple store.

98. Do a **science experiment.** You'd be surprised how many science experiments you can do using things you already have on hand. Google is your friend.

99. **Let's pretend!** This can be played any time, any place. Let's pretend we're adventurers. **Let's pretend** you're the parent and I'm the child. Let's pretend we're dogs. Or cats. Or astronauts. Or pirates. Or princesses.

100. **What if?** What if our car was a submarine? What if everything was upside down? What if we didn't have trees? What if we were monkeys? What if we could fly? What if we walked on our hands and clapped with our feet? What if we didn't have bathrooms? What if bikes had square wheels? What if we left a crayon in the sun? What if we had our own language? What if we used a water balloon on the tee instead of a baseball? This one is so fun for so many reasons! It gets the kids thinking, using their imaginations, and sometimes it leads us to an experiment. What if?