

THE BOREDOM MENU

50 Ways to Beat “I’m Bored” — Zero Screens Required

Pick one. Hang it up. Screens down, fun up.



QUICK & EASY

5 minutes or less

- ☒ Build a pillow fort
- ☒ Draw your dream house
- ☒ Invent a secret handshake
- ☒ Do 20 jumping jacks
- ☒ Write a joke for dinner
- ☒ Find 5 things that are blue



GET CREATIVE

Make something new

- ☒ Design a comic strip
- ☒ Build with blocks or LEGO
- ☒ Write a story about your pet
- ☒ Fold & test-fly a paper airplane
- ☒ Draw a treasure map
- ☒ Learn a new magic trick



GET MOVING

Burn some energy

- ☒ Have a dance-off
- ☒ Build an obstacle course
- ☒ Play a round of freeze tag
- ☒ Try a scavenger hunt inside
- ☒ Practice cartwheels
- ☒ Play paper-ball basketball



GO OUTSIDE

Fresh air first

- ☒ Go on a backyard bug hunt
- ☒ Ride your bike around the block
- ☒ Start a sidewalk chalk mural
- ☒ Climb a tree (safely!)
- ☒ Collect leaves or cool rocks
- ☒ Water the garden together

Bonus: let your kid be tonight’s “Menu Master” — their pick, their rules (screen-free, of course).