

1. Visit a friend
2. Draw
3. Make a robot
4. Dance
5. Put together a jigsaw puzzle
6. Make a kite
7. Roll down a hill
8. Tell spooky stories
9. Make a castle from boxes
10. Go fishing
11. Bake cookies
12. Read a book
13. Play with a pet
14. Do cartwheels
15. Help Mom and Dad
16. Play with clay
17. Go to the playground
18. Write a story or poem
19. Make up songs
20. Try to break a world record
21. Make a paper chain
22. Take a walk
23. Write a letter
24. Dress up like other people
25. Help make dinner or lunch
26. Go visit grandparents
27. Look at photo albums
28. Count backward from 100
29. Watch bugs
30. Walk the dog
31. Plan a party
32. Trade baseball cards
33. Go to the library
34. Make a treehouse
35. Ride a bike
36. Sing every song they know
37. Jump rope
38. Make fruit cubes
39. Play Cat's Cradle
40. Listen to music
41. Make a cake for a neighbor
42. Make a wish list
43. Make a fort with bed sheets
44. Plant a box with seeds
45. Play follow the leader
46. Call up a friend
47. Put on a neighborhood party
48. Study a globe or map
49. Make your own

Boredom Buster List!

BOREDOM BUSTERS!

49 Ways
Children Can
BEAT the
Blahs!!!!



Prevent Child Abuse
Rhode Island

500 Prospect Street
Pawtucket, RI 02860

(401) 728-7920 *tel*

(401) 724-5850 *fax*

www.preventchildabuse-ri.org

Prevent Child Abuse Rhode Island is a 501 (c) (3) not-for-profit organization whose mission is to keep every child in Rhode Island safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.



Prevent Child Abuse
Rhode Island