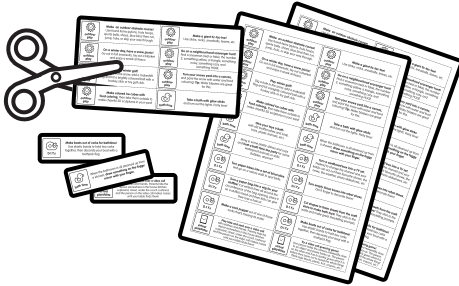


Boredom Jar

Instructions



1. Print and cut

Print out the idea sheets and cut the paper along the dotted lines into 60 separate strips.



2. Fill a container

Find and fill up a container with all of the paper ideas. Color, cut out and tape the label to the container.

Tip! Sort through the ideas first to make sure you have the supplies needed.



3. Cure boredom

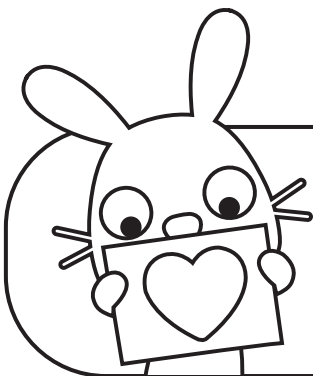
Reach your hand into the container. Without looking, pull out an idea and play!

Quote:

"Boredom always precedes a period of great creativity."
- Robert M. Pirsig



Label:



SAGOmini
printables

Supplies you'll need:



container



scissors



tape

This printable activity
is inspired by:



SAGOmini
school

Discover more at
sagomini.com



LOW PARENT INVOLVEMENT



outdoor
play

Turn your snowy yard into a canvas
and paint the snow with water and food
coloring. **Tip:** Water blasters are great
for this.



bath time

Give your toys a bath
with old toothbrushes and soap.
(Use cars, plastic animals, etc.)



bath time

Take a bath with glow sticks
and turn out the lights. Party time!



D.I.Y.s

Turn a paper bag into a wig for your stuffies!
Cut vertical lines all around the circumference
of the bag opening, place it on a stuffie's head
and then give them a haircut!



indoor
play

Go on an alphabet scavenger hunt
through your house. Find something that
starts with each letter.



D.I.Y.s

Turn empty tissue boxes into robot shoes.
Don't forget to decorate them!



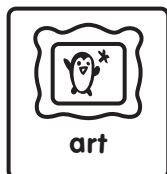
indoor
play

Play the floor is lava!
Make an obstacle course with laundry
hampers, couch cushions, throw pillows,
boxes, and whatever else you can find.
Make sure not to touch the floor!



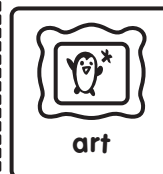
indoor
play

Make shadow puppets
with construction paper. Shine a flashlight
on the wall in a dark room and put on
a show.



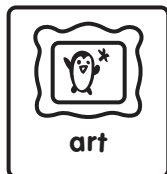
art

Collages are tons of fun!
Rip up magazines, junk mail, then add
stickers and glue them down with
glue sticks.



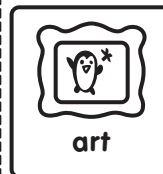
art

Draw a picture with your feet!



art

Decorate with paper snowflakes!
Cut out snowflakes from paper, decorate
them with stickers, markers, or crayons,
then hang them up in a window.



art

Draw a thank you card
for someone who recently did
something kind for you.



pretend
play

Pretend your couch is a ship!
Use a pot lid for the ship's wheel, save your
stuffies from drowning by tossing a lifesaver
(throw pillow) for them to grab onto, use an
empty toilet paper roll as a telescope, visit
deserted islands, or find treasure!



art

Draw a picture
of you and someone you love who lives
far away. Pop it in an envelope and mail it
to them!



pretend
play

Build a couch fort
and bring some flashlights or
glow sticks inside.



pretend
play

Pretend your couch is an airplane!
Pack your bags, give the pilot your ticket,
buckle your seatbelt, eat snacks, and
pretend you're traveling to a far
away place.



pretend
play

Create ramps and hills for toy cars
using couch cushions.



music &
movement

Start an air band!
Get pots and pans for the drums, a
hairbrush for a microphone, turn up the
music and perform your favorite song.



food

Make sculptures with
mini-marshmallows and toothpicks!



food

String o-shaped cereal bracelets
or necklaces on yarn. It's great for fine
motor skills and doubles as a snack!



MEDIUM PARENT INVOLVEMENT



outdoor
play

Make an outdoor obstacle course!

Use found items (pylons, hula hoops, sports balls, shoes, blue bins) then run, jump, hula, or skip your way through.



outdoor
play

Play winter golf!

Dig a hole in the snow, add a makeshift flag and hit a brightly colored ball with a hockey stick or toy golf club.



outdoor
play

On a winter day, have a snow picnic!

Go out in full snowsuits, lay out a blanket and enjoy a snack al fresco.



outdoor
play

Make a giant tic-tac-toe!

Use sticks, rocks, snowballs, leaves, etc.



bath time

Bring in some plastic dishes and cups and **host a bath time tea party** for some waterproof animals or dolls. Bubbles, anyone?



bath time

When the bathroom is all steamed up from a shower, **draw something on the foggy mirror with your finger.**



D.I.Y.s

Make a sock puppet out of one of those socks that's missing its mate!



D.I.Y.s

Cut shapes in foam sheets from the craft store to make bath toys! They stick to the walls and make great storytelling prompts.



D.I.Y.s

Make boats out of corks for bathtime!

Use elastic bands to hold two corks together, then decorate your boat with a toothpick flag.



D.I.Y.s

Turn paper tubes into a set of binoculars and go on a nature walk to spot birds.



indoor
play

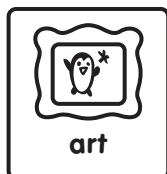
Make a fitted sheet balloon fort!

If you throw a fitted sheet in the air above a big bed, it'll catch the air and make a dome shape that's super fun to be under.



indoor
play

Make a road for toy cars with painter's tape on the floor! Turn it into a town with boxes for buildings and figurines for people.



art

Host an art show

Tape up your drawings and paintings on the wall with painter's tape and invite your friends and family to join in-person or virtually. Don't forget some fancy snacks!



pretend
play

Grab some beach towels, sunglasses, and a fruity snack and lay them out in your family room to **pretend you're spending a relaxing day at the beach.** Take a dip but watch out for sharks!



pretend
play

Pretend your couch is a farm!

Stick toy veggies and fruits in the couch cracks and tend to your garden with a watering can and toy shovel. Harvest your veggies and sell them at your farmers market! Also works great with toys or DIY flowers.



pretend
play

What's on my butt?
Get a partner and have them lie face down on the couch. Balance something on their butt and they have to try and guess what it is!



music &
movement

You've heard of tea parties with stuffies, **how about a stuffie dance party?** Grab your favorite stuffies, put on your favorite song and create a mini dance party for them!



pretend
play

Toy car back massage:

Have your partner lie face down on the couch or floor, then drive toy cars all over their back for an enjoyable back scratch!



music &
movement

Guess the song!

Have someone play or hum the first three seconds of a song and see if you can guess what it is.



food

Build a clementine snowpal

using cloves and toothpicks! Use toothpicks to stick two clementines together and also for the arms. Then use cloves for the face and buttons.



HIGH PARENT INVOLVEMENT



outdoor
play

Go on a neighborhood scavenger hunt!
Find a snowpal (real or fake), the number two, something yellow, a triangle, something noisy, something cozy, and something HUGE.



outdoor
play

Make colored ice cubes with food coloring, then take them outside to make cheerful 3D sculptures in your yard!



D.I.Y.s

Turn a cardboard box into a TV set!
Act out your favorite shows, the news, the weather, photo slideshows, etc. Have someone pretend to change the channels and watch the show!



indoor
play

Have a picnic inside!
Set up a blanket and have lunch on the floor.



indoor
play

Play a game of
stuffed animal hide and seek.
Take turns hiding a favorite stuffie and then go on a search to find it.



indoor
play

Play a game of I Spy
in the illustrations of your kiddo's favorite book.



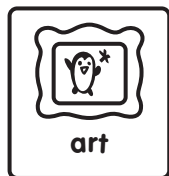
indoor
play

Go on an indoor scavenger hunt!
Take turns going on a hunt for household items. For example, find five things that are red, four things that are soft, three things that are square, etc. Get creative with some silly suggestions!



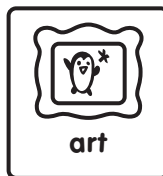
art

Make some surrealist art together!
Fold paper into three parts, and take turns creating a body, drawing one section at a time and folding your portion so it's hidden from the next person. When everyone's done, open it up to reveal a fantastical character!



art

Play the doodle game!
One person starts by drawing a squiggly line, then take turns magically transforming it into something unexpected.



art

Grab a partner and take turns teaching an art class! Show each other how to draw your favorite thing.



pretend
play

Throw a birthday party for one of your kiddo's stuffies. Get creative with some DIY decorations, grab some snacks, and be sure to invite other stuffies and toys to join the party!



pretend
play

Pretend you're staying at a luxurious hotel.
Get super cozy in bed and take turns delivering room service, with snacks and other surprises.



food

Put on a blindfold and do taste tests
of different things in your fridge.



food

Make some fruit or veggie kabobs!
Put pre-cut pieces of fruit on wooden skewers to create a colorful snack. (Maybe throw in a marshmallow or two just for fun!)



virtual/
playdates

Play a game of video chat charades!
Have relatives and friends guess what you're acting out over a video call.



music &
movement

Play a game of freeze dance!
Get dancing to your favorite song, and then see if you can freeze in place when your partner pauses the song.



virtual/
playdates

Play hide and seek over a video call
with relatives and friends. Have one person hide the device somewhere in the house (kitchen cupboard, closet, under the couch cushions). The person on the video call makes noises until they're found!



virtual/
playdates

Try a video call guessing game!
One person holds the camera reeeeeally close to an object and slowly backs up. The person on the other end has to quickly guess what it is before they zoom out to reveal the whole thing! (Think lego blocks, plants, fruit, crayons, etc.)



virtual/
playdates

Host a virtual video call dance party
with your friends! Ask for their favorite dance songs ahead of time, make a playlist, schedule a meeting, and ask friends to bring glow sticks, disco lights, and dance party vibes. Tip: A grown-up should DJ on a separate device. Don't forget to click "share sound!"



virtual/
playdates

Storytime! Have a grown-up friend or relative read a storybook to you over a video call for some bonding time.