**BOREDOM BUSTERS**

1. **Play keep up the balloon**. Focus on stretching and big movements.
2. **Paint pictures** – on paper or on the floor outside
3. Have a go at **Yoga or a dance routine** on YouTube.
4. **Tie dye or paint t shirts.** You can event print a design for these and have someone iron it on.
5. Do the **gardening**
6. **Make jewellery** (string and beads) if this is safe to do so.
7. **Make a life story about yourself**. Or maybe a mood board of all the things you like!
8. **Make paper aeroplanes and boats.** Race these. Use descriptive words to talk about what is happening. Try new designs and techniques i.e. fast or slow.
9. **Play musical games** i.e. musical statues/musical chairs
10. **Do the cooking/baking**
11. **Plan recipes** – Look online at healthy recipes that can be tried
12. **Decorate the garden with chalk**
13. **Make giant bubbles** outside
14. Have a **sports day**
15. Have a **disco**
16. **Do a virtual tour online** – you could visit a zoo or a museum!
17. **Do a music making game online:** <https://musiclab.chromeexperiments.com/>
18. **Treasure hunt**
19. **Indoor/garden picnic**
20. **Skittles** or throwing balls into baskets
21. **Indoor beanbag curling**
22. **Do a workout video online** i.e. Joe Wicks on YouTube.

**Please note: All activities need to be risk assessed in line with local policies and procedures.**

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| **1. Keep up the balloon**Image result for keep up the balloon | **2. Paint pictures**Image result for painitng activity | **3. Yoga/Dance routine**Image result for dance routine |
| Image result for tie dye shirt**4. Tie dye / paint shirts** | **5. Gardening**Image result for gardening | **6. Make jewellery**Image result for make jewellry beads |
| **7. Write about `me`**Image result for write about me | **8. Paper aeroplanes**Image result for paper aeroplanes | Image result for musical games**9. Musical games** |
| **10. Cooking / Baking**Image result for baking | Image result for recipe list**11. Plan recipes** | **12. Chalk in garden**Image result for chalk drawings on floor |
| Image result for giant bubbles**13. Giant bubbles** | Image result for sports**14. Sports day** | **15. Disco**Image result for disco |