**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](https://www.google.co.uk/url?sa=i&url=https://www.kidspot.com.au/things-to-do/activity-articles/volley-balloon/news-story/0c5c295f6120c77a0de35d4ca51b28c9&psig=AOvVaw1SPNA1_6Ar0UxOOFY9a03t&ust=1584534177934000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPD87fy_oegCFQAAAAAdAAAAABAD) | **2. Paint pictures**  [Image result for painitng activity](https://www.google.co.uk/url?sa=i&url=https://www.extendednotes.com/after-school-activities/4-larger-than-life-art-activities-for-afterschool&psig=AOvVaw0J-Ere5RB1Ejg2iL7Bpm77&ust=1584534392839000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPiJg-jAoegCFQAAAAAdAAAAABAL) | **3. Yoga/Dance routine**  [Image result for dance routine](https://www.google.co.uk/url?sa=i&url=https://www.youtube.com/watch?v%3DevPtJI5aeZg&psig=AOvVaw3bchUQAjVq9fsajr4LxljV&ust=1584534492167000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCICThpTBoegCFQAAAAAdAAAAABAD) |
| [Image result for tie dye shirt](https://www.google.co.uk/url?sa=i&url=https://ragstock.com/shop/classic-rainbow-tie-dye-shirts/&psig=AOvVaw1lKk5PBapg_QEq2nsBPXHH&ust=1584534559919000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKDIga_BoegCFQAAAAAdAAAAABAI)**4. Tie dye / paint shirts** | **5. Gardening**  [Image result for gardening](https://www.google.co.uk/url?sa=i&url=https://www.waltons.co.uk/blog/13-glorious-gardening-blogs&psig=AOvVaw2BeZWk9c8Z7JNCUcZHi6G_&ust=1584534616657000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNCXsszBoegCFQAAAAAdAAAAABAJ) | **6. Make jewellery**  [Image result for make jewellry beads](https://www.google.co.uk/url?sa=i&url=https://www.instructables.com/id/How-to-Make-Polymer-Clay-Beads/&psig=AOvVaw2OJMvJBpm518-ovWmAdATc&ust=1584534689488000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPjL1ezBoegCFQAAAAAdAAAAABAR) |
| **7. Write about `me`**[Image result for write about me](https://www.google.co.uk/url?sa=i&url=http://www.easilearn.com/Global/ViewArticle2.aspx?Keyword%3Dwriting%26SearchOption%3DPhrase%26SearchType%3DKeyword%26RefineExpand%3D1%26ContentId%3D14815%26TextSize%3DSmall&psig=AOvVaw3cu-HOTa07DF-pzIEsNJv6&ust=1584534808880000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCICrsKrCoegCFQAAAAAdAAAAABAD) | **8. Paper aeroplanes**  [Image result for paper aeroplanes](https://www.google.co.uk/url?sa=i&url=https://www.instructables.com/id/how-to-make-the-fastest-paper-airplane/&psig=AOvVaw30sb2jMpsPsYzdipNGFYgR&ust=1584534896135000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIDBgdPCoegCFQAAAAAdAAAAABAD) | [Image result for musical games](https://www.google.co.uk/url?sa=i&url=https://www.amazon.co.uk/Musical-Instruments-Set-kids-Percussion/dp/B073TY1Y89&psig=AOvVaw10T5fBMoH7MCZ2sPRvz0Us&ust=1584535002302000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNjCzYXDoegCFQAAAAAdAAAAABAD)**9. Musical games** |
| **10. Cooking / Baking**  [Image result for baking](https://www.google.co.uk/url?sa=i&url=https://www.washingtonpost.com/news/voraciously/wp/2019/10/14/dont-let-high-altitude-baking-get-you-down-heres-how-to-ensure-sweet-success/&psig=AOvVaw3G8OEHLArngkJ7DDBKL0wo&ust=1584535116995000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIDmjbrDoegCFQAAAAAdAAAAABAJ) | [Image result for recipe list](https://www.google.co.uk/url?sa=i&url=https://www.vectorstock.com/royalty-free-vector/recipe-list-design-chef-hat-blank-page-to-write-in-vector-21302512&psig=AOvVaw2aYgrcscKJsyQC2lZ1MDaD&ust=1584535288161000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNCs1ovEoegCFQAAAAAdAAAAABAN)**11. Plan recipes** | **12. Chalk in garden**  [Image result for chalk drawings on floor](https://www.google.co.uk/url?sa=i&url=https://www.alamy.com/stock-photo-chalk-drawing-of-flower-and-sun-on-playground-floor-41406904.html&psig=AOvVaw1wWPzscgH3bGppF4rftScz&ust=1584535443235000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMCYl9_EoegCFQAAAAAdAAAAABAN) |
| [Image result for giant bubbles](https://www.google.co.uk/url?sa=i&url=https://www.justapinch.com/recipes/non-edible/other-non-edible/giant-bubbles-recipe.html&psig=AOvVaw14SexQfqag8mleasRRCobV&ust=1584535532783000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCJC5kJfFoegCFQAAAAAdAAAAABAD)**13. Giant bubbles** | [Image result for sports](https://www.google.co.uk/url?sa=i&url=https://www.silicon.co.uk/data-storage/how-big-data-is-changing-the-sports-industry-182365&psig=AOvVaw27uSGzhOZcBo4ZnkIgfk-N&ust=1584627647555000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOjmxZOcpOgCFQAAAAAdAAAAABAK)**14. Sports day** | **15. Disco**  [Image result for disco](https://www.google.co.uk/url?sa=i&url=https://www.elsewhere.co.nz/weneedtotalkabout/7973/we-need-to-talk-about-the-disco-sucks-movement-divide-and-conk-out/&psig=AOvVaw2VUM8oDZEZB_3hODkW5FOd&ust=1584627403357000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKiev6ebpOgCFQAAAAAdAAAAABAJ) |