**107 Things to Do When You’re Bored**

1. Do a puzzle (the more pieces, the better). This could also be a Rubik’s Cube, word search, or crossword puzzle.
2. Start a journal or diary. It will make an interesting read in about ten years!
3. If you play an instrument, practice. If not, maybe it would be a good time to learn!
4. With your parents’ permission, call your friends. A long conversation with a good friend can go a long way!
5. Write some poetry.
6. Learn a foreign language.
7. Read that book that has been sitting in your room unread.
8. Meditate. Sit cross-legged for twenty minutes and focus on your breathing.
9. Give yourself or someone in your family a makeover.
10. Look through old family photos.
11. Try a new recipe.
12. Try a new craft.
13. Write letters to friends and family and mail them.
14. Learn calligraphy.
15. Play a board game with your family
16. Put on a play. Write your script. Create scenery. Make costumes.
17. Organize your room or another space in your house.
18. Go through your closet, dresser, and toy box and see if anything can be donated to charity.
19. Clean out your desk.
20. Have a tea party. Create some treats to eat and dress up fancy.
21. Plan a complete dinner menu with your family. Cook it together. Maybe make it a theme party.
22. Watch old (age-appropriate) movies.
23. Try a new workout routine.
24. Draw a self-portrait while looking in the mirror.
25. Paint a picture.
26. Take a bubble bath.
27. Create a new kind of drink with fruit juice and/or soda.
28. Color in a coloring book.
29. Create personal goals for yourself. What would you like to accomplish by the end of the school year? By the end of middle school? High school? College? Etc.
30. Write a short story or start a novel.
31. Create an indoor campout with sleeping bags and sheets laid across furniture.
32. Have a movie marathon. Anyone for Harry Potter?
33. Fix something you’ve been meaning to fix.
34. Do some origami.
35. Interview your grandparents or another adult in your life over the phone. What can you create with the information?
36. Make a photo collection for someone special.
37. Make a list of all of the movies you’ve seen. Now rank them from the one you like the best to the one you like the least. Compare your list with a friend over the phone.
38. Make a list of all of the things that you are grateful for.
39. Try a new food you’ve never tried.
40. Have a taste-testing party with your family. Have people put on a blindfold and taste food to try to guess what each one is.
41. Plan some ways that you could save money.
42. Cook an old family recipe.
43. Make milkshakes or have an ice cream sundae party with your family.
44. Make cards to send to sick people or to health care workers in the hospital. Mail them to the hospital.
45. Pass the story. With your family, start a story. Each person takes turns adding a few more lines to the story.
46. Have a read-aloud with your family using a chapter book.
47. Have a Scrabble, Yatzee, or Pictionary tournament.
48. Have a contest to see who can make the best recipe using the same limited number of ingredients.
49. Have an indoor scavenger hunt.
50. Read a book that was made into a movie and then watch the movie. Discuss the similarities and differences with your family.
51. Make a list of all of the places you’d like to visit.
52. Create a new comic strip.
53. Rearrange your room.
54. Learn how to shuffle cards.
55. Teach your pet a new trick.
56. Memorize the periodic table.
57. Learn a new style of dance.
58. Break out those Legos and see what you can create.
59. Learn all of the words to one of your favorite songs.
60. Try doing things with your non-dominant hand for one day.
61. Practice your typing skills.
62. Do some yoga.
63. Learn to speak in Pig Latin.
64. Plant some plants to brighten up your home.
65. Write a song.
66. Try to move in super slow motion. How long can you last?
67. Take a nap.
68. Play tic-tac-toe with someone.
69. Go for a walk or bike ride (safely).
70. Write a note to someone, letting them know how much they mean to you.
71. Measure the area and perimeter and area of each room in your home.
72. Graph the birds that visit your yard or fly past your window.
73. Be completely silent for 60 minutes and then write about the experience.
74. Build a “fable fort.” Create stories as a family.
75. Learn Morse Code. Use it to communicate with your family by knocking on walls.
76. Alphabetize the spices in your kitchen.
77. Stay up late and stargaze.
78. Call a grandparent or older relative. Ask them to teach you the words to their favorite childhood song.
79. Using household materials, build a working rain gauge, barometer, and wind vane. Keep track of your weather data.
80. Determine and chart the times that different liquids require to turn solid in the freezer.
81. Design and build puppets that perform a show.
82. Construct a family tree.
83. Learn ten new big words. Write them in marker on your bathroom mirror (with permission).
84. Draw a map of your home.
85. Sit silently for 15 minutes while you write down every sound you hear. When you are done, classify the sounds (high/low pitch, high/low volume, manmade/naturally occurring, etc.).
86. Create a Venn Diagram that compares and contrasts two people in your family, your neighborhood, or another group that you belong to.
87. Learn, practice, and perform a magic trick.
88. Learn, practice, and tell three new jokes.
89. Use household materials to make and play stringed, percussion, and wind instruments.
90. Collect leaves from ten different (non-harmful) plants. Sort them by size, color, and texture.
91. Put your favorite book, toy, and keepsake on a small table in sunlight. Draw or paint a full color still life.
92. Find, pick, and dissect a flower.
93. If you have stairs, walk up and count them. Walk down and count by twos. Walk up and count by threes. Continue by tens.
94. Determine the volumes of ten containers, then display them in order in your house.
95. Write a poem on your sidewalk using chalk.
96. Classify twenty everyday objects by shape, size, color, height, mass, and material.
97. Measure the length of your bed using five different nonstandard units.
98. Call a person who speaks a language you do not. Ask them to teach you five common words or phrases.
99. Create and use a secret code.
100. Using one type of paper (constant), build three different paper airplanes (independent variable) and test to see how far they fly (dependent variable).
101. Set a clock three hours and seven minutes ahead. Whenever someone needs to know the time, help them figure it out by subtracting.
102. Write down every adjective you say for one full day.
103. Design a map of every state ever visited by people in your family.
104. Write or tell a story titled "What if humans had to leave the Earth and no one remembered to turn off the last robot?"
105. Find ten rocks smaller than a dime.
106. Using paper, tape, and string, design, build, and test a device that warns you when someone opens the kitchen cabinet.
107. Imagine, create, and fly a full-size flag that tells the world about you.



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