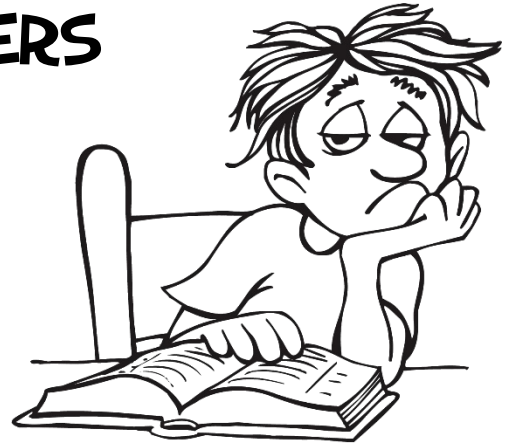


B**NO**REDOM BUSTERS



1. Build a fort.
2. Create a menu for an imaginary restaurant.
3. Write a poem.
4. Go for a walk outside and see how many insects you can “discover.”
5. Go for a jog.
6. Create an instrument from items you find around your home.
7. Develop an exercise routine that can be done each day – then DO IT!
8. Look through old photographs.
9. Write a letter to someone and mail it to him/her.
10. Write and memorize your own prayer.
11. Earn money doing “odd jobs” around the neighborhood.
12. Draw a picture of an imaginary animal then write a description of it.
13. Write a list of 15 things you can do when you are bored – then do one of those things!
14. Develop a “secret code” then use it to write a message to someone. See if they can figure it out.
15. Get a head start on your chores.
16. Teach your pet a new trick (or just play with him/her)!
17. Take a nice relaxing bubble bath while listening to music.
18. Draw a picture then cut it up and put it back together like a puzzle.
19. Make a paper airplane then see how far you can get it to fly.
20. Have somebody hide an object in the house then pretend to be a detective and look for the object (ask for clues if needed).
21. Play hide-and-go-seek.
22. Start a journal or diary (or write in one that you already have).
23. Call a relative just to say “HI.”
24. Find something interesting to listen to on the radio.
25. Write and sing your own original song.
26. Get a deck of cards and practice doing magic tricks.
27. Collect items around the house that can be recycled.
28. Make an art project using things from around the house.
29. Watch something educational on TV/YouTube then share what you learned with someone else.
30. Come up with your own super-hero then draw a comic strip about it.
31. Make a list of ideas for your next Halloween costume.
32. Make a list of goals that you have for yourself then list the steps you will need to take to meet each of those goals.
33. Create a dance that goes with your favorite song.
34. Have a lemonade stand.
35. Write a “thank you” letter to someone that has done something good for you then mail it to that person.
36. Make a list of things you would do if you were President of the United States.
37. Clean or organize your room then surprise your mom and/or dad.
38. Write a scary story...or a funny story...or a sad story...or a science fiction story...or...
39. Get a neighborhood game going (soccer, kickball, football, hockey, “kick the can,” etc.).
40. Create your own board game! Try it out!