150 “I’m Bored Jar” Ideas

1. One chore (mom’s choice)
2. One chore (your choice)
3. Play with clay or play-dough
4. Draw a dinosaur
5. Make a map of the neighborhood
6. Make a map of your favorite state
7. Vacuum one room
8. Dust three rooms
9. Play a board game
10. Play a card game
11. Color
12. Make a time capsule
13. Build a blanket fort
14. Play outside for 30 minutes
15. 15 minutes of screen time
16. 30 minutes of screen time
17. Interview a grown-up
18. Interview your sibling
19. Draw a castle
20. Draw a city
21. Coloring pages from the Internet
22. Clean broken crayons from crayon container
23. Play hide and seek
24. Go swimming
25. Go to the library
26. Read for 15 minutes
27. Read for 30 minutes
28. Read for 45 minutes
29. Read with mom or dad
30. Call a relative
31. Tell a story
32. Write a play
33. Put on a sock-puppet show
34. Make play-dough
35. Make cookies with a grown-up
36. Bake something
37. Have a treat
38. Eat a piece of fruit
39. Eat a veggie
40. Make a snack buffet
41. Take your toys outside
42. Take a walk
43. Find five nature items and identify them
44. Learn five facts about any animal
45. Learn five facts about any president
46. Draw your house, from the front
47. Draw a family portrait
48. Do a craft on your own
49. Clean your closet
50. Find five toys to donate to someone else
51. Write or tell a story that starts with, “One day, I went to the moon.”
52. Check the chambanamoms calendar
53. Go to the indoor pool
54. Go to the outdoor pool
55. Restock the toilet paper
56. Empty the trash baskets
57. Play hopscotch
58. 20 minutes of exercise
59. Do 20 jumping jacks
60. Run outside for 15 minutes
61. Play tag
62. Count to 200
63. Practice math facts for 15 minutes
64. Clean up your toys
65. Sort laundry into darks and lights
66. Draw a dog
67. Draw a galaxy
68. Make a diorama
69. Go “shopping” in your basement
70. Play in your room for 30 minutes
71. Play a video game
72. Make an obstacle course from pillows and toys
73. Run under the sprinkler
74. Have a hose fight
75. Fold the laundry
76. Sweep the kitchen floor
77. Interview mom
78. Interview dad
79. Play with dad for 20 minutes, dad’s choice
80. Play with mom for 20 minutes, mom’s choice
81. Watch for birds for 20 minutes
82. Take a bubble bath
83. Take a shower
84. Water the plants
85. Clean your room
86. Call a friend
87. Draw a jungle
88. Color in a coloring book
89. Paint
90. Make bubble solution and blow bubbles
91. Do one science experiment, your choice
92. Do one science experiment, mom’s choice
93. Empty the dishwasher
94. Read one book
95. Learn five facts about any person
96. Put on a play, starting with this sentence: “My house is made of candy.”
97. Go for ice cream
98. Ride your bike for one hour
99. Have a dance party
100. Go to the park
101. Build with LEGO’s
102. Watch one show
103. Mom’s choice
104. Make someone a “just because” card
105. Create a family flag
106. Craft with mom
107. Play with your sibling for 30 minutes
108. Listen to music
109. Create a new dance to your favorite song
110. Make an obstacle course with string
111. Draw a picture for dad
112. Draw a picture and mail it to someone
113. Write a letter
114. Organize your toys
115. Rest quietly for 30 minutes
116. Wash the car
117. Draw with your foot
118. Draw dad
119. Draw mom
120. Rent a movie
121. Call a grandparent
122. Thumb wrestle
123. One hour of screen time
124. Update your birthday or holiday wish list
125. Make a collage
126. Draw a beautiful tree
127. Tell ghost stories
128. Dad’s choice
129. Water fight
130. Choose any toy and play for 30 minutes
131. Finish and illustrate this story: “Once upon a time, I ate a dinosaur.”
132. Have a picnic
133. Make a robot out of recycled stuff
134. Doodle for 20 minutes
135. Weed the yard
136. Visit the bookstore
137. Clean one room in the house, mom’s choice
138. Write a poem
139. Make a bird feeder or fill one you already own
140. Go bug hunting
141. Make brownies
142. Do an art project
143. Make paper airplanes
144. Eat ice cream
145. Take pictures or have a photo shoot
146. Find a rock and paint it
147. Go to the dollar store
148. Play I Spy
149. Dress up
150. Draw an aquarium