

30 Summer Boredom Busters For Kids

Summer is a wonderful time to be free of your sometimes chaotic schedules and to enjoy unstructured time with the kids. But it's only natural that there might be times when you need an idea or two for how to spend a day. We've got a few of those.



Get Active

- Go for a bike ride with a fun destination
- Fly kites
- Go swimming
- Jump rope
- Learn to juggle



Out in Nature

- Go berry picking
- Collect nature pieces and do rubbings
- Dig for worms
- Skip stones at a local pond or lake
- Visit a local farm



Have an Adventure

- Go camping at a camp site or at home
- Find a new playground
- Go puddle jumping
- Search out the perfect tree (or trees) and climb!
- Skip stones at a local pond or lake



Get Crafty & Creative

- Collect rocks and make a stone sculpture
- Make paper airplanes and see how far they can fly
- Play charades
- Write and perform a show
- Make paper boats and float them



Do Something Solo

- Go bird watching
- Build a sandcastle in your own sandbox
- Blow bubbles
- Try some yoga moves
- Plant flowers



Good For Groups

- Pull out the tunes and have a dance party
- Visit a splash pad
- Put together a parade
- Play follow the leader
- Have a water fight



Get even more summer boredom busters at:
activeforlife.com/100-summer-boredom-busters-for-kids