

WHAT TO DO WHEN CHILDREN SAY, "I'M BORED!" THIS SUMMER

Every summer it happens. The anticipation of summer is exciting. There are fewer commitments and less rushing around to different activities. However, filling that extra time can become challenging.

Fun summer activities for children to fight off boredom

Boredom is good for children. It helps children develop creativity and imagination. Boredom can also help children discover what interests them.

Help your children come up with lists of activities they can choose from when they are bored. At the beginning of the summer, sit down with your children and create a list of activities they can choose from when they are bored.

To go one step further, put together fifty cards, each with a suggestion of fun outside and indoor activities children can do during the summer when they feel bored. On each card write down a single activity idea.

Here are some ideas to help you get started:

- Play a board game.
- Draw with chalk outside.
- Play hopscotch.
- Play charades.
- Create an obstacle course in the backyard.
- Plan a nature scavenger hunt.
- Have a jump rope competition.
- Play Simon says.
- Ride a bike, scooter or skateboard.
- Camp in the backyard.
- Have a picnic.

These activities provide many options for fun, encouraging children to go outside, be imaginative and creative, and practice life skills.

- While there is a time and place for screen time, try your best to avoid screen time to overcome boredom.
- All of the activities should be low-cost and require no more than common household items that most families already have.
- Include blank cards which allow children to add activities that are specific to their interests.

It can be all too easy for children to want their parents to do the work to help them overcome boredom. But giving children the tools to come up with an activity on their own – even if it does come from a list – teaches them that they can overcome boredom. Not only do the activity cards, or even just a list, help parents by keeping children occupied, they also teach children how to be self-sufficient and to use their imagination.

Excerpts from: [Bored Kids: 101 Activities to Reduce Boredom & Promote Independent Play \(selfsufficientkids.com\)](https://selfsufficientkids.com/)

Excerpts from: [50 Awesome Summer Activities for Bored Kids \(No Parents Required\) | CafeMom.com](https://cafemom.com/50-awesome-summer-activities-for-bored-kids-no-parents-required/)