

I'M SOOOOO BORED!
IDEAS to FIGHT BOREDOM during QUARANTINE

- **Read.** Read a book. Read the comics. Read a cereal box. Read to your little brother or sister. Call your grandma and read to her. Ask your family to read to you. Listen to an audio book.
- **E-visit a museum or take a virtual field trip to the zoo-**
denverzoo.org/zootoyou, www.dmns.org/learn . **You can watch the beluga whales at the Georgia Aquarium**(there's a beluga whale webcam set up at the [Georgia Aquarium](#), so you can see what your whale friends are up to at anytime). You can also take a virtual field trip to Yellow Stone National Park
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- **Make elephant toothpaste-**Making elephant toothpaste is a great science experiment. Using the laws of both chemistry and biology, this recipe will cause an enormous foaming reaction, fit for an elephant. For a how-to, check out
<https://www.scientificamerican.com/article/make-elephant-toothpaste>
- **Do something creative.** Painting, drawing, writing, dancing, ANYTHING
- **Go to class, go to drop ins, visit your teachers during office hours**
- **Pet an animal**
- **Camp indoors.** Push back the furniture and pile up the blankets and pillows. Don't forget the popcorn and maybe some scary movies.
- **Have a picnic** in your backyard - or even in your house.
- **Interview your parent, your grandparents, your family -**

- **Play a game or have a game tournament.** Scrabble. Pictionary. Monopoly. Card games. Make up your own!
- **Memorize something.** State capitals, counties, lyrics.
- **Learn mindfulness, create a gratitude journal.**
- **Write a thank you note to the essential workers (nurses, teachers,**
- **Bake, cook, create (with permission of course)**
- **Create a home scavenger hunt**
- **Create an inside fort-** blankets, clips, duct tape, cardboard, whatever you can find around your house is fair game! Play a game or read a book in your fort! **Do a skit with your family - that's right we said a SKIT (if you are too young to know what this is you need to research it!)**
- **Join a Facebook Live dance party with DJ Mel in Austin, Texas.** DJ Mell is hosting a weekly kid-friendly “Living Room Dance Party” on his Facebook page at <https://www.facebook.com/DJ-Mel-48330349120/>

There are 125 more ideas located on this page - check it out!

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

