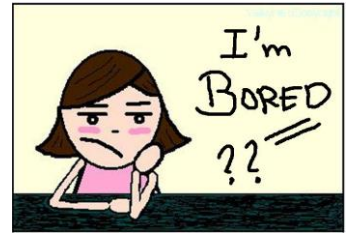


Tip of the Week 3 2:



I'M BORED

Having your children at home 24/7 for weeks can get tricky and keeping them off media makes it even more challenging. To help combat the battle have a brainstorming session with your kids on what you can do when you're bored. Create a list for each of your children on things they can do when they are "bored" and post it. You could make a family list as well and take turns picking the family activity for the day. You could also write them on strips of paper and put them in a "hat" and randomly pick them out so they are a surprise for everyone. Some family activity ideas:

- **Bake cookies or brownies**
- **Make playdough**
- **Outside scavenger hunt**
- **Indoor scavenger hunt**
- **Boardgame**
- **Card game**
- **Dominoes**
- **Make puppets from socks and put on a show**
- **Build a fort indoors**
- **Take a family walk (with social distancing rules of course!)**
- **Start a family scape book**
- **Draw each other's portraits**
- **Take a drive in the car with no destination in mind.**
- **Play "I Spy" no materials needed (<https://www.wikihow.com/Play-the-I-Spy-Game>)**
- **Play 20 Questions (<https://www.wikihow.com/Play-20-Questions>)**