

# Build a boredom box

## To build your boredom box you will need:

- Scissors
- Tape
- The boredom box instructions and cut out
- Something to colour and make your box pretty

## Step 1:

Find the page called “boredom box cut out” and colour your boredom box.

## Step 2:

Cut out and follow the folding lines on the sheet. Make sure you stick the box together with tape or glue

## Step 3:

Your boredom box is now built!

Now cut each boredom task and fold them in half.

## Step 4:

Put the tasks inside your boredom box.

**They're ready for you to pick one out when you're bored.**

Boredom tasks:

Pick a flower and draw a picture of it	Write a letter to a friend
Listen to music	Do 1 chore of Mum/dads choice
Research the Romans on the computer	Write a story about the colour blue
Read a book	Do 1 chore of Mum/dads choice
Make a kite	Wash your hands for 20s with soap and water

Do 1 chore of Mum/dads choice	Take a picture every hour to record your day
Find a plant and draw a picture	Pick a picture and draw it
Tidy your room	Make a friendship bracelet
Plan dinner, write the menu and help cook and serve it.	Write a play or a song and perform it
Find out how many bones are in the human body	Draw a map of your house
Draw around your hand	Ask Mum/dad if she wants tea and make tea for her.
Make a jigsaw puzzle	Draw a robot
Write a story starting with "There once was a happy..."	Do 1 chore of Mum/dads choice
Play with lego	Plan dinner, write the menu and help cook and serve it.
Write a poem	Make a card for someone
Make a paper airplane	Dance to music
Pick a picture and draw it	
Research	Do a choreography and teach someone else how to dance it
Build a city with lego	Pick a fruit and draw it with a face
Design your ultimate bedroom	Learn more about your favourite animal by researching online. Draw your animal and at least 5 facts about it.
Make your own building blocks out of paper or cardboard.	Read a book
Draw your family tree	Make your own short comic
Find out how to make slime	Pick a picture and draw it
Make something and gift it to someone else	Do 1 chore of Mum/dads choice
Make a treasure map	Make a paper boat

Do 1 chore of Mum/dads choice	Make a jigsaw puzzle
Draw a picture of you and your friends	Write a letter to a friend
Empty the dishwasher	Draw funny faces
Plan dinner, write the menu and help cook and serve it.	Write a letter to a friend
Draw a picture of you and your family as animals.	Draw your family as animals