



**I'M BORED**

**SUMMER**  
**ACTIVITY CARDS**



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**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



## HOW TO USE YOUR SUMMER ACTIVITY CARDS



### PICK A CARD

No setup needed!

Let your child choose a card anytime and start playing right away.



### BORED JAR METHOD

Turn your cards into a fun boredom jar!

1. Print and cut out the activity cards
2. (Optional) Sort them by category
3. Use the jar labels to organize your cards
4. Place the cards in a jar or container
5. When your child says "I'm bored," pick a card
6. Do the activity and have fun!



### ROLL & PLAY GAME

Make it a fun surprise game!

1. Roll a die or use the foldable activity die
2. Match the number or icon to a category
3. Pick a card from that category
4. Do the activity and enjoy!

Tip:

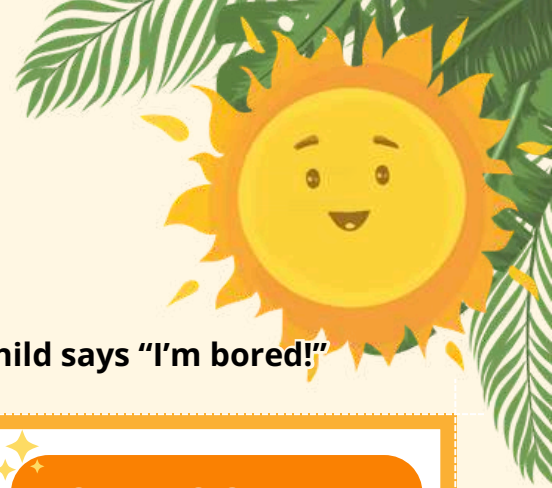
Roll once or multiple times to choose activities for the day!



### TIP

Mix different types of activities for a fun and balanced day!

I'M BORED  
SUMMER  
ACTIVITY CARDS

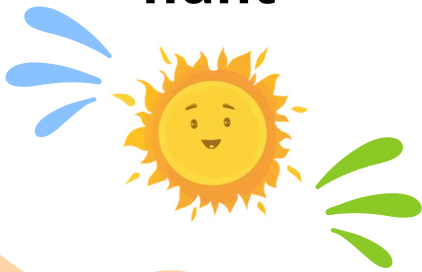


Print, cut out the cards, and use them anytime your child says "I'm bored!"

OUTDOOR FUN

Sunshine Adventures

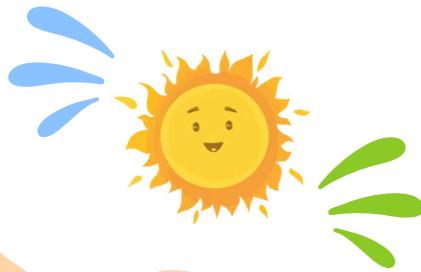
 Go on a  
backyard  
scavenger  
hunt



OUTDOOR FUN


Sunshine Adventures

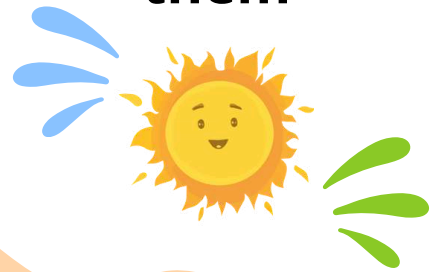
 Draw with  
sidewalk  
chalk



OUTDOOR FUN

Sunshine Adventures

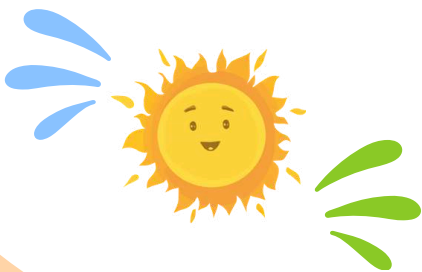
 Blow  
bubbles and  
try to catch  
them



OUTDOOR FUN

Sunshine Adventures

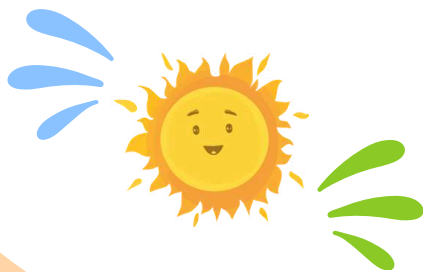
 Have a  
mini picnic  
outside



OUTDOOR FUN

Sunshine Adventures

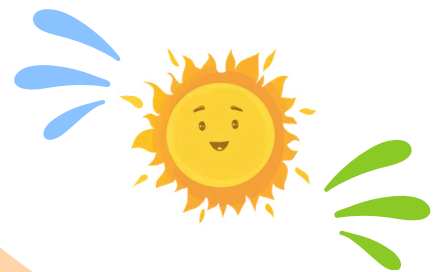
 Look for  
shapes in the  
clouds



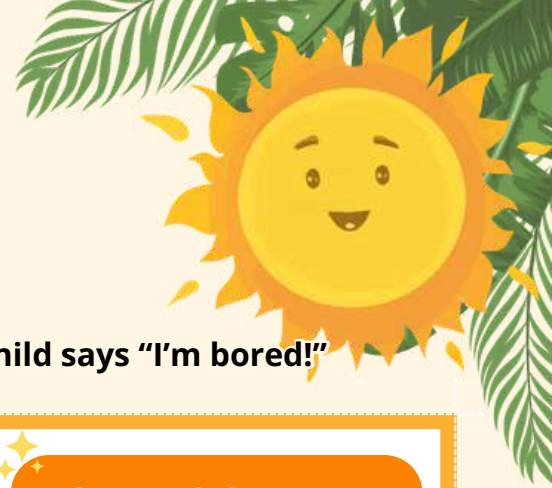
OUTDOOR FUN

Sunshine Adventures

 Water the  
plants or  
garden



I'M BORED  
SUMMER  
ACTIVITY CARDS

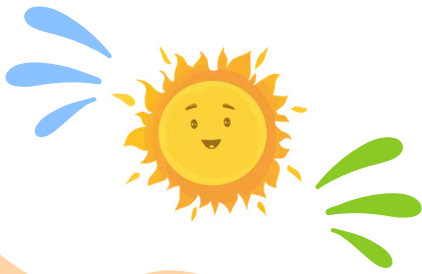


Print, cut out the cards, and use them anytime your child says "I'm bored!"

OUTDOOR FUN

Sunshine Adventures

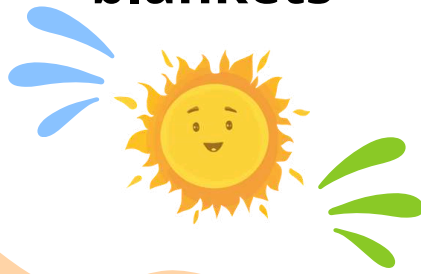
 **Go on a short nature walk**



OUTDOOR FUN

Sunshine Adventures

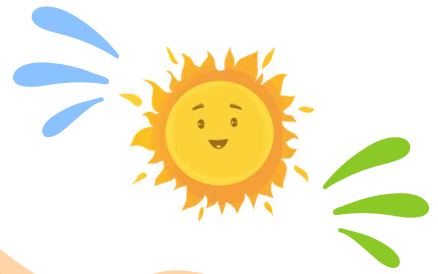
 **Build a fort using chairs and blankets**



OUTDOOR FUN

Sunshine Adventures

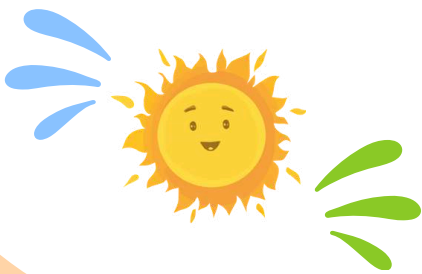
 **Watch the sunset**



OUTDOOR FUN

Sunshine Adventures

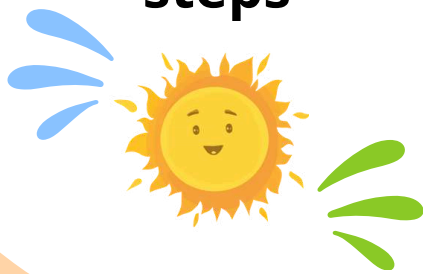
 **Collect leaves, rocks, or flowers**



OUTDOOR FUN

Sunshine Adventures

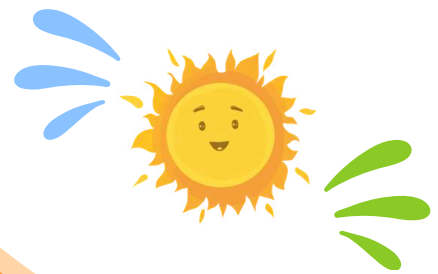
 **Run around and count your steps**



OUTDOOR FUN

Sunshine Adventures

 **Play "I spy" outside**

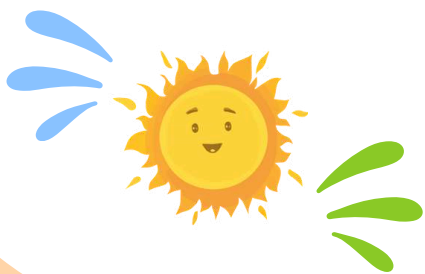


I'M BORED  
SUMMER  
ACTIVITY CARDS

Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

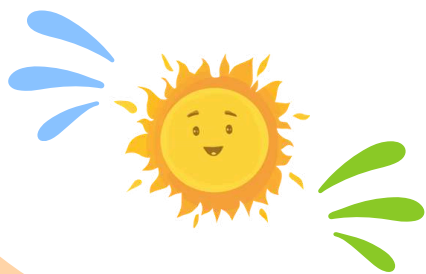
OUTDOOR FUN

Sunshine Adventures



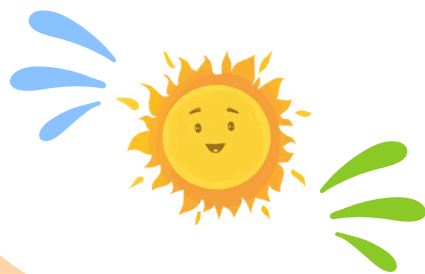
OUTDOOR FUN

Sunshine Adventures



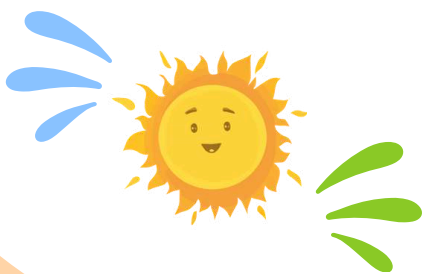
OUTDOOR FUN

Sunshine Adventures



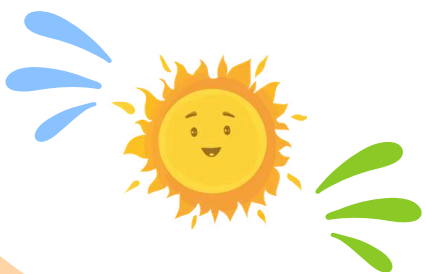
OUTDOOR FUN

Sunshine Adventures



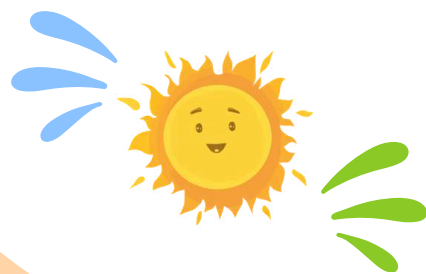
OUTDOOR FUN

Sunshine Adventures



OUTDOOR FUN

Sunshine Adventures



I'M BORED  
SUMMER  
ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

CREATIVE PLAY

Little Artist Mode

 Draw your  
dream  
summer day



CREATIVE PLAY

Little Artist Mode

 Make a  
paper fan



CREATIVE PLAY

Little Artist Mode

 Create  
your own  
comic strip



CREATIVE PLAY

Little Artist Mode

 Build  
something  
with recycled  
materials



CREATIVE PLAY


Little Artist Mode

 Color your  
favorite  
animal



CREATIVE PLAY

Little Artist Mode

 Make a  
DIY card for  
someone



I'M BORED  
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Print, cut out the cards, and use them anytime your child says "I'm bored!"

CREATIVE PLAY

Little Artist Mode

 **Design your own superhero**



CREATIVE PLAY

Little Artist Mode

 **Create a mini art gallery**



CREATIVE PLAY

Little Artist Mode

 **Draw using only 3 colors**



CREATIVE PLAY

Little Artist Mode

 **Make up a short story**



CREATIVE PLAY

Little Artist Mode

 **Decorate paper with stickers or doodles**



CREATIVE PLAY

Little Artist Mode

 **Draw your favorite food**



I'M BORED  
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Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

CREATIVE PLAY

Little Artist Mode



CREATIVE PLAY

Little Artist Mode



CREATIVE PLAY

Little Artist Mode



CREATIVE PLAY

Little Artist Mode



CREATIVE PLAY

Little Artist Mode



CREATIVE PLAY

Little Artist Mode



I'M BORED  
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Print, cut out the cards, and use them anytime your child says "I'm bored!"

ACTIVE PLAY

Energy Burners

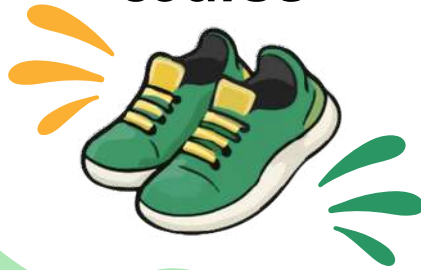
 Do a 10-minute dance party



ACTIVE PLAY

Energy Burners

 Create your own obstacle course



ACTIVE PLAY


Energy Burners

 Jump like a frog for 1 minute



ACTIVE PLAY


Energy Burners

 Have a pillow hopping race



ACTIVE PLAY

Energy Burners

 Try a silly walk challenge



ACTIVE PLAY

Energy Burners

 Play follow the leader



I'M BORED  
SUMMER  
ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

ACTIVE PLAY

Energy Burners

 Do 10 jumping jacks



ACTIVE PLAY

Energy Burners

 Balance on one foot



ACTIVE PLAY

Energy Burners

 Play freeze dance



ACTIVE PLAY

Energy Burners

 Run in place for 1 minute



ACTIVE PLAY

Energy Burners

 Spin around 5 times & walk straight



ACTIVE PLAY

Energy Burners

 Do a mini stretch routine



I'M BORED  
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Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

ACTIVE PLAY

Energy Burners



ACTIVE PLAY

Energy Burners



ACTIVE PLAY

Energy Burners



ACTIVE PLAY

Energy Burners



ACTIVE PLAY

Energy Burners



ACTIVE PLAY

Energy Burners



I'M BORED  
SUMMER  
ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

BRAIN BOOST


Smart Play Missions

 Read  
a short  
story



BRAIN BOOST

Smart Play Missions

 Solve a  
simple  
puzzle



BRAIN BOOST

Smart Play Missions

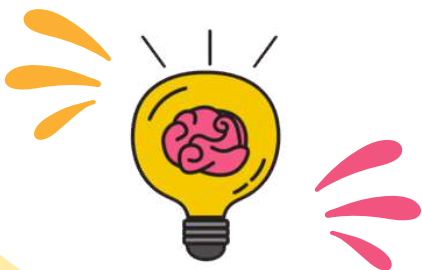
 Count how  
many blue  
things you  
can find



BRAIN BOOST

Smart Play Missions

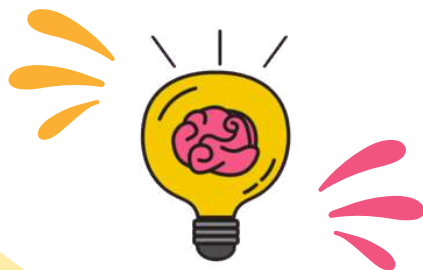
 Play a  
memory  
game



BRAIN BOOST

Smart Play Missions

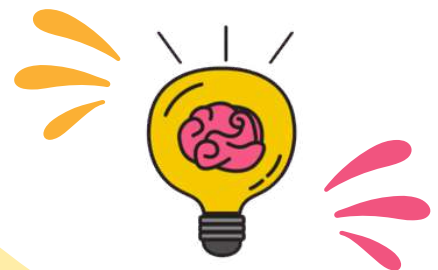
 Name  
5 animals



BRAIN BOOST

Smart Play Missions

 Spell your  
favorite  
word



I'M BORED  
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Print, cut out the cards, and use them anytime your child says "I'm bored!"

**BRAIN BOOST**

Smart Play Missions

 **Name 3 fruits and 3 vegetables**



**BRAIN BOOST**

Smart Play Missions

 **Draw and label parts of your body**



**BRAIN BOOST**

Smart Play Missions

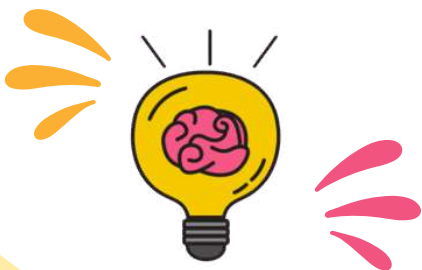
 **Learn 3 new words**



**BRAIN BOOST**

Smart Play Missions

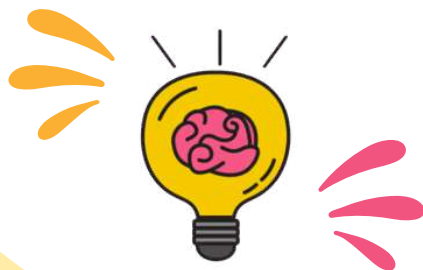
**+ Do a simple math challenge**



**BRAIN BOOST**

Smart Play Missions

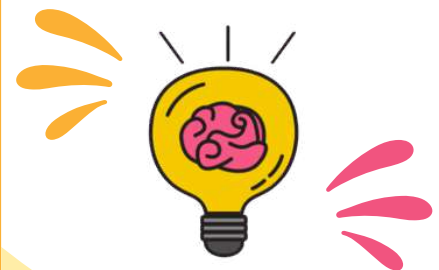
 **Practice writing your name**



**BRAIN BOOST**

Smart Play Missions

 **Think of 3 things you are grateful for**



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Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

**BRAIN BOOST**

Smart Play Missions



**BRAIN BOOST**

Smart Play Missions



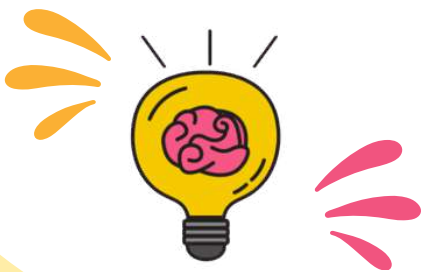
**BRAIN BOOST**

Smart Play Missions



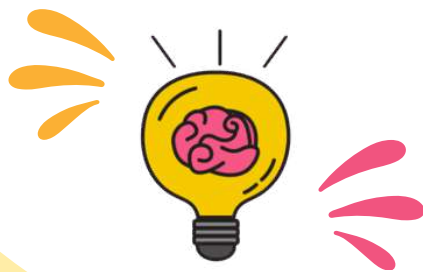
**BRAIN BOOST**

Smart Play Missions



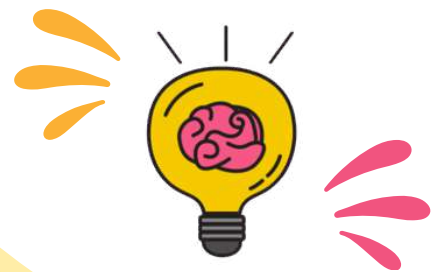
**BRAIN BOOST**

Smart Play Missions



**BRAIN BOOST**

Smart Play Missions



I'M BORED  
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ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

HELPFUL HANDS

Super Helper Tasks

 **Put away  
your toys**



HELPFUL HANDS

Super Helper Tasks

 **Fold small  
clothes**



HELPFUL HANDS

Super Helper Tasks

 **Organize  
your books**



HELPFUL HANDS

Super Helper Tasks

 **Help pack  
snacks**



HELPFUL HANDS

Super Helper Tasks

 **Match  
socks  
together**



HELPFUL HANDS

Super Helper Tasks

 **Fix your  
bed**



I'M BORED  
SUMMER  
ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

HELPFUL HANDS

Super Helper Tasks

 **Help set  
the table**



HELPFUL HANDS

Super Helper Tasks

 **Help wipe  
the table**



HELPFUL HANDS

Super Helper Tasks

 **Water  
indoor plants**



HELPFUL HANDS

Super Helper Tasks

 **Clean  
your play  
area**



HELPFUL HANDS

Super Helper Tasks

 **Help  
prepare  
something  
simple**



HELPFUL HANDS

Super Helper Tasks

 **Arrange  
your shoes**



I'M BORED  
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Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

HELPFUL HANDS

Super Helper Tasks



HELPFUL HANDS

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Super Helper Tasks



HELPFUL HANDS

Super Helper Tasks



HELPFUL HANDS

Super Helper Tasks



I'M BORED  
SUMMER  
ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

COOL DOWN FUN

Chill & Refresh Time

💧 Drink a glass of water



COOL DOWN FUN

Chill & Refresh Time

🎵 Listen to calming music



COOL DOWN FUN

Chill & Refresh Time

🛏️ Lie down and relax



COOL DOWN FUN

Chill & Refresh Time

🖍️ Sit and draw quietly



COOL DOWN FUN

Chill & Refresh Time

🧘 Stretch your body slowly



COOL DOWN FUN

Chill & Refresh Time

🧸 Hug a pillow and rest



I'M BORED  
SUMMER  
ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

COOL DOWN FUN

Chill & Refresh Time

 **Have quiet reading time**



COOL DOWN FUN

Chill & Refresh Time

 **Do deep breathing for 1 minute**



COOL DOWN FUN

Chill & Refresh Time

 **Watch an educational video**



COOL DOWN FUN

Chill & Refresh Time

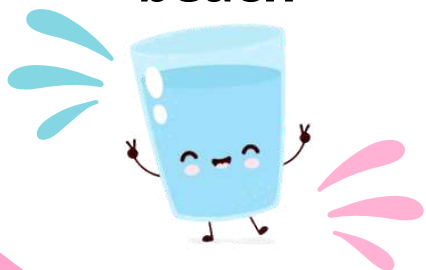
 **Have a snack break**



COOL DOWN FUN

Chill & Refresh Time

 **Close your eyes and imagine a beach**



COOL DOWN FUN

Chill & Refresh Time

 **Sit quietly and look around**



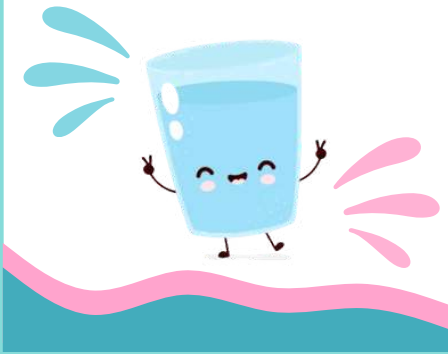
I'M BORED  
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ACTIVITY CARDS



Write your own fun ideas, then print and cut out the cards.  
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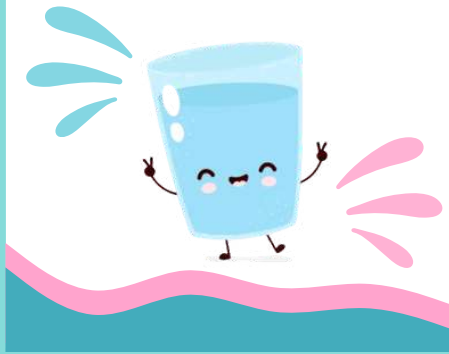
COOL DOWN FUN

Chill & Refresh Time



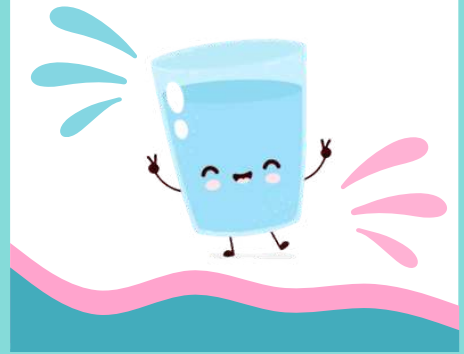
COOL DOWN FUN

Chill & Refresh Time



COOL DOWN FUN

Chill & Refresh Time



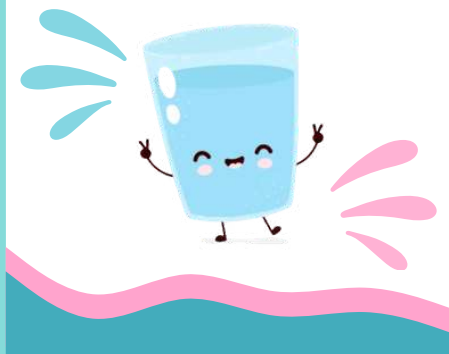
COOL DOWN FUN

Chill & Refresh Time



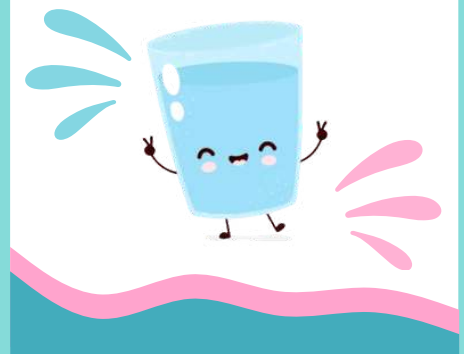
COOL DOWN FUN

Chill & Refresh Time



COOL DOWN FUN

Chill & Refresh Time



I'M BORED  
SUMMER  
ACTIVITY CARDS

Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"



CREATE YOUR OWN

Your Ideas, Your Fun



CREATE YOUR OWN

Your Ideas, Your Fun



CREATE YOUR OWN

Your Ideas, Your Fun



CREATE YOUR OWN

Your Ideas, Your Fun



CREATE YOUR OWN

Your Ideas, Your Fun



CREATE YOUR OWN

Your Ideas, Your Fun



I'M BORED  
SUMMER  
ACTIVITY CARDS



## LET'S ROLL AND PLAY!

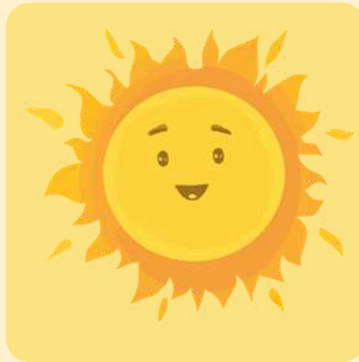
1. Roll the die
2. Look at the number you rolled
3. Match the number to a category
4. Pick a card from that category
5. Do the activity and have fun!



I'M BORED  
SUMMER  
ACTIVITY CARDS



ROLL  
AND  
PLAY  
ACTIVITY  
DICE



**HOW TO ASSEMBLE**

Cut the die template along the edges. Fold each flap and between each die squares. Glue flaps together to form a cube.

Your Roll and Play Activity Dice is ready to play!

**HOW TO PLAY**

Roll the die and pick a card from that category!  
Roll once or multiple times to choose activities for the day!

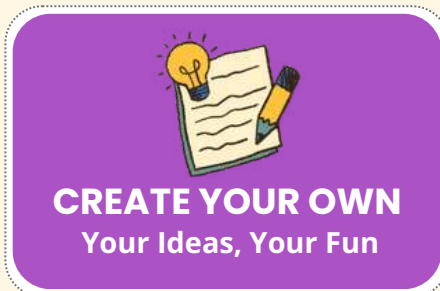
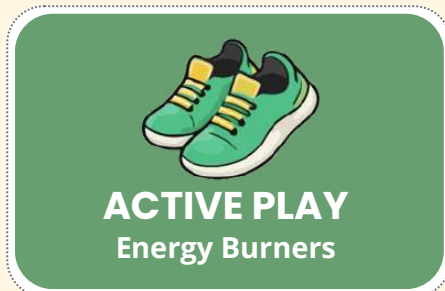


**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



## JAR LABEL STICKERS

1. Print the labels on sticker paper or cardstock
2. Cut out the labels
3. Attach them to your jar or container
4. Sort your activity cards by category (optional)
5. Pick a Card & Let the Fun Begin!





I'M BORED

SUMMER  
ACTIVITY CARDS





**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



## HOW TO USE YOUR SUMMER ACTIVITY CARDS

### **PICK A CARD**

No setup needed!

Let your child choose a card anytime and start playing right away.

### **BORED JAR METHOD**

Turn your cards into a fun boredom jar!

1. Print and cut out the activity cards
2. (Optional) Sort them by category
3. Use the jar labels to organize your cards
4. Place the cards in a jar or container
5. When your child says "I'm bored," pick a card
6. Do the activity and have fun!

### **ROLL & PLAY GAME**

Make it a fun surprise game!

1. Roll a die or use the foldable activity die
2. Match the number or icon to a category
3. Pick a card from that category
4. Do the activity and enjoy!

Tip:

Roll once or multiple times to choose activities for the day!

### **TIP**

Mix different types of activities for a fun and balanced day!

**I'M BORED**  
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**ACTIVITY CARDS**

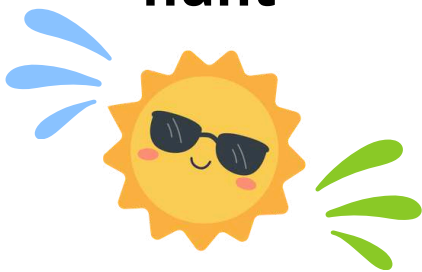


Print, cut out the cards, and use them anytime your child says "I'm bored!"

**OUTDOOR FUN**

Sunshine Adventures

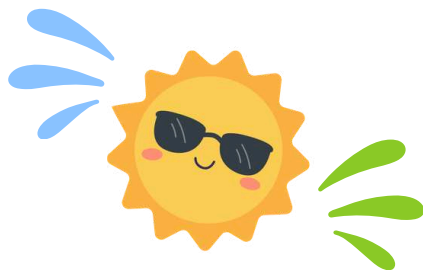
 **Go on a backyard scavenger hunt**



**OUTDOOR FUN**


Sunshine Adventures

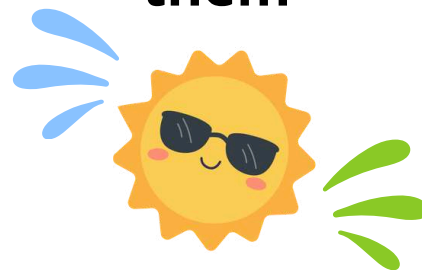
 **Draw with sidewalk chalk**



**OUTDOOR FUN**

Sunshine Adventures

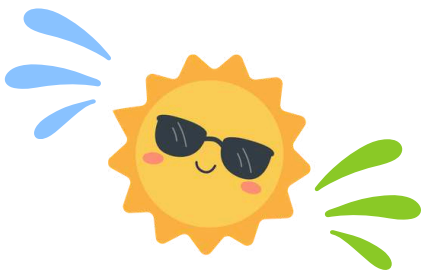
 **Blow bubbles and try to catch them**



**OUTDOOR FUN**

Sunshine Adventures

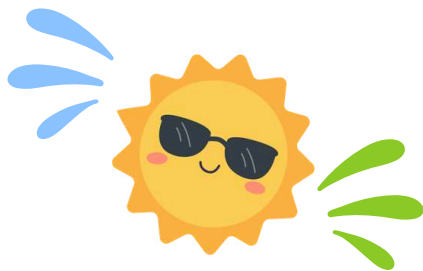
 **Have a mini picnic outside**



**OUTDOOR FUN**

Sunshine Adventures

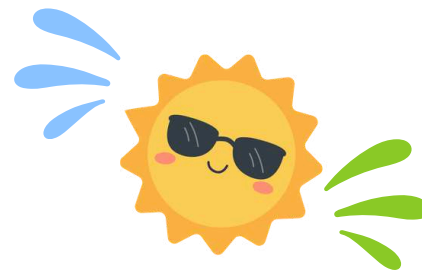
 **Look for shapes in the clouds**



**OUTDOOR FUN**

Sunshine Adventures

 **Water the plants or garden**




**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

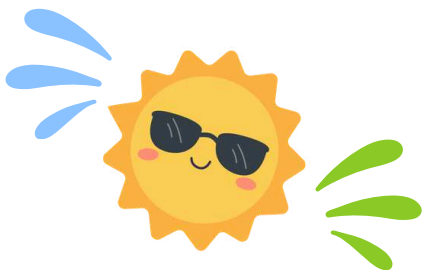


Print, cut out the cards, and use them anytime your child says "I'm bored!"

**OUTDOOR FUN**

Sunshine Adventures

 **Go on a short nature walk**



**OUTDOOR FUN**

Sunshine Adventures

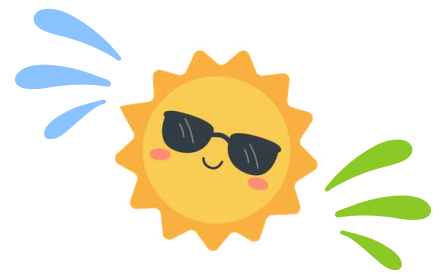
 **Build a fort using chairs and blankets**



**OUTDOOR FUN**

Sunshine Adventures

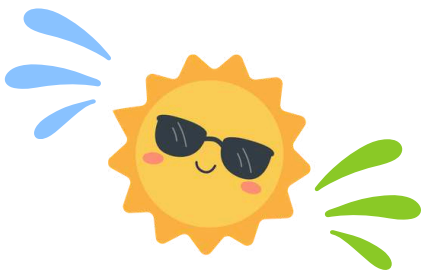
 **Watch the sunset**



**OUTDOOR FUN**

Sunshine Adventures

 **Collect leaves, rocks, or flowers**



**OUTDOOR FUN**

Sunshine Adventures

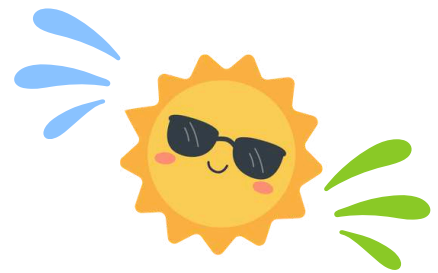
 **Run around and count your steps**



**OUTDOOR FUN**

Sunshine Adventures

 **Play "I spy" outside**



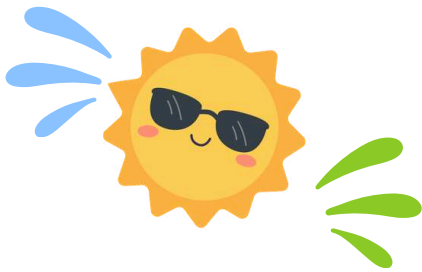
**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

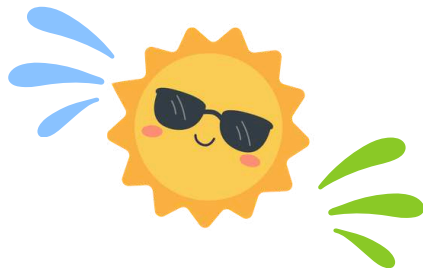
**OUTDOOR FUN**

Sunshine Adventures



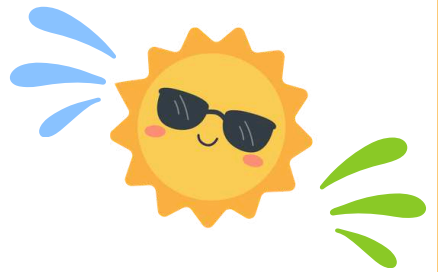
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Sunshine Adventures



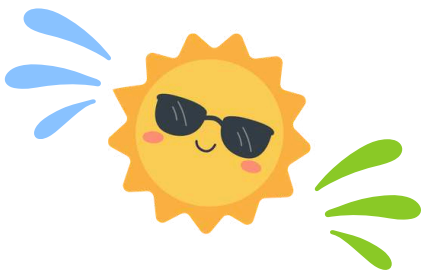
**OUTDOOR FUN**

Sunshine Adventures



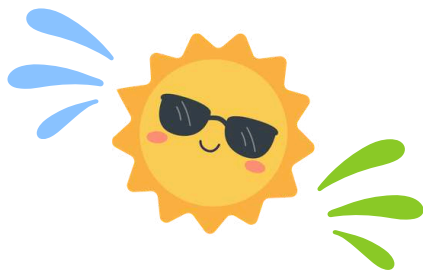
**OUTDOOR FUN**

Sunshine Adventures



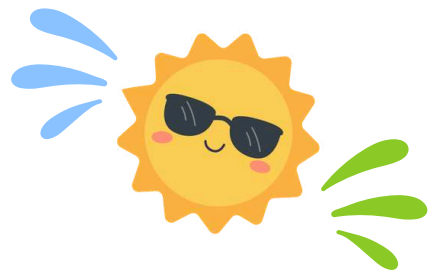
**OUTDOOR FUN**

Sunshine Adventures



**OUTDOOR FUN**

Sunshine Adventures



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Print, cut out the cards, and use them anytime your child says "I'm bored!"

**CREATIVE PLAY**

Little Artist Mode

 **Draw your dream summer day**



**CREATIVE PLAY**

Little Artist Mode

 **Make a paper fan**



**CREATIVE PLAY**

Little Artist Mode

 **Create your own comic strip**



**CREATIVE PLAY**

Little Artist Mode

 **Build something with recycled materials**



**CREATIVE PLAY**


Little Artist Mode

 **Color your favorite animal**



**CREATIVE PLAY**

Little Artist Mode

 **Make a DIY card for someone**





Print, cut out the cards, and use them anytime your child says "I'm bored!"

**CREATIVE PLAY**

Little Artist Mode

 **Design your own superhero**



**CREATIVE PLAY**

Little Artist Mode

 **Create a mini art gallery**



**CREATIVE PLAY**

Little Artist Mode

 **Draw using only 3 colors**



**CREATIVE PLAY**

Little Artist Mode

 **Make up a short story**



**CREATIVE PLAY**

Little Artist Mode

 **Decorate paper with stickers or doodles**



**CREATIVE PLAY**

Little Artist Mode

 **Draw your favorite food**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Print, cut out the cards, and use them anytime your child says "I'm bored!"

**ACTIVE PLAY**

Energy Burners

 **Do a 10-minute dance party**



**ACTIVE PLAY**

Energy Burners

 **Create your own obstacle course**



**ACTIVE PLAY**

Energy Burners

 **Jump like a frog for 1 minute**



**ACTIVE PLAY**


Energy Burners

 **Have a pillow hopping race**



**ACTIVE PLAY**

Energy Burners

 **Try a silly walk challenge**



**ACTIVE PLAY**

Energy Burners

 **Play follow the leader**



I'M BORED  
**SUMMER**  
ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

**ACTIVE PLAY**

Energy Burners

 **Do 10 jumping jacks**



**ACTIVE PLAY**

Energy Burners

 **Balance on one foot**



**ACTIVE PLAY**

Energy Burners

 **Play freeze dance**



**ACTIVE PLAY**

Energy Burners

 **Run in place for 1 minute**



**ACTIVE PLAY**

Energy Burners

 **Spin around 5 times & walk straight**



**ACTIVE PLAY**

Energy Burners

 **Do a mini stretch routine**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

Print, cut out the cards, and use them anytime your child says "I'm bored!"

**BRAIN BOOST**

Smart Play Missions

 **Read a short story**



**BRAIN BOOST**

Smart Play Missions

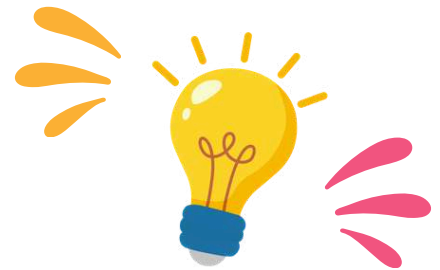
 **Solve a simple puzzle**



**BRAIN BOOST**

Smart Play Missions

 **Count how many blue things you can find**



**BRAIN BOOST**

Smart Play Missions

 **Play a memory game**



**BRAIN BOOST**

Smart Play Missions

 **Name 5 animals**



**BRAIN BOOST**

Smart Play Missions

 **Spell your favorite word**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

Print, cut out the cards, and use them anytime your child says "I'm bored!"

**BRAIN BOOST**

Smart Play Missions

 **Name 3 fruits and 3 vegetables**



**BRAIN BOOST**

Smart Play Missions

 **Draw and label parts of your body**



**BRAIN BOOST**

Smart Play Missions

 **Learn 3 new words**



**BRAIN BOOST**

Smart Play Missions

**+ Do a simple math challenge**



**BRAIN BOOST**

Smart Play Missions

 **Practice writing your name**



**BRAIN BOOST**

Smart Play Missions

 **Think of 3 things you are grateful for**



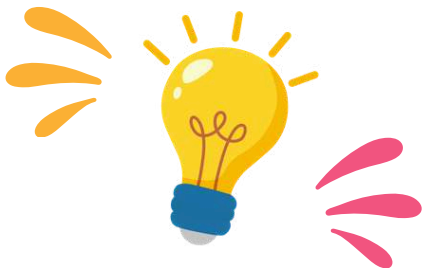
**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"



**BRAIN BOOST**

Smart Play Missions



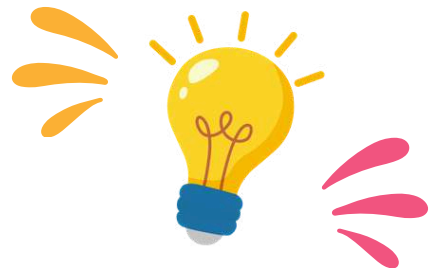
**BRAIN BOOST**

Smart Play Missions



**BRAIN BOOST**

Smart Play Missions



**BRAIN BOOST**

Smart Play Missions



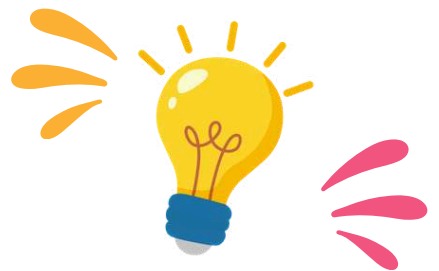
**BRAIN BOOST**

Smart Play Missions



**BRAIN BOOST**

Smart Play Missions



I'M BORED  
SUMMER  
ACTIVITY CARDS

Print, cut out the cards, and use them anytime your child says "I'm bored!"

HELPFUL HANDS

Super Helper Tasks

 Put away  
your toys



HELPFUL HANDS

Super Helper Tasks

 Fold small  
clothes



HELPFUL HANDS

Super Helper Tasks

 Organize  
your books



HELPFUL HANDS

Super Helper Tasks

 Help pack  
snacks



HELPFUL HANDS

Super Helper Tasks

 Match  
socks  
together



HELPFUL HANDS

Super Helper Tasks

 Fix your  
bed



I'M BORED  
SUMMER  
ACTIVITY CARDS

Print, cut out the cards, and use them anytime your child says "I'm bored!"



HELPFUL HANDS

Super Helper Tasks

 **Help set the table**



HELPFUL HANDS

Super Helper Tasks

 **Help wipe the table**



HELPFUL HANDS

Super Helper Tasks

 **Water indoor plants**



HELPFUL HANDS

Super Helper Tasks

 **Clean your play area**



HELPFUL HANDS

Super Helper Tasks

 **Help prepare something simple**



HELPFUL HANDS

Super Helper Tasks

 **Arrange your shoes**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks





Print, cut out the cards, and use them anytime your child says "I'm bored!"

COOL DOWN FUN

Chill & Refresh Time

💧 Drink a glass of water



COOL DOWN FUN

Chill & Refresh Time

🎵 Listen to calming music



COOL DOWN FUN

Chill & Refresh Time

🛏️ Lie down and relax



COOL DOWN FUN

Chill & Refresh Time

🖍️ Sit and draw quietly



COOL DOWN FUN

Chill & Refresh Time

🧘 Stretch your body slowly



COOL DOWN FUN

Chill & Refresh Time

🧸 Hug a pillow and rest





Print, cut out the cards, and use them anytime your child says "I'm bored!"

COOL DOWN FUN

Chill & Refresh Time

 **Have quiet reading time**



COOL DOWN FUN

Chill & Refresh Time

 **Do deep breathing for 1 minute**



COOL DOWN FUN

Chill & Refresh Time

 **Watch an educational video**



COOL DOWN FUN

Chill & Refresh Time

 **Have a snack break**



COOL DOWN FUN

Chill & Refresh Time

 **Close your eyes and imagine a beach**



COOL DOWN FUN

Chill & Refresh Time

 **Sit quietly and look around**



I'M BORED  
SUMMER  
ACTIVITY CARDS

Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"



COOL DOWN FUN

Chill & Refresh Time



COOL DOWN FUN

Chill & Refresh Time



COOL DOWN FUN

Chill & Refresh Time



COOL DOWN FUN

Chill & Refresh Time



COOL DOWN FUN

Chill & Refresh Time



COOL DOWN FUN

Chill & Refresh Time



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

**CREATE YOUR OWN**

Your Ideas, Your Fun



**CREATE YOUR OWN**

Your Ideas, Your Fun



**CREATE YOUR OWN**

Your Ideas, Your Fun



**CREATE YOUR OWN**

Your Ideas, Your Fun



**CREATE YOUR OWN**

Your Ideas, Your Fun



**CREATE YOUR OWN**

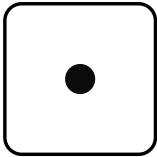


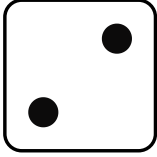


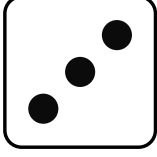


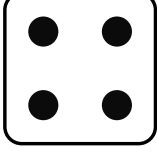


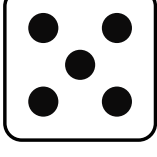


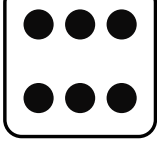


Your Ideas, Your Fun





## LET'S ROLL AND PLAY!

1. Roll the die
2. Look at the number you rolled
3. Match the number to a category
4. Pick a card from that category
5. Do the activity and have fun!

			<b>Outdoor Fun</b>
			<b>Creative Play</b>
			<b>Active Play</b>
			<b>Brain Boost</b>
			<b>Helpful Hands</b>
			<b>Cool Down Fun</b>

**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

**ROLL**  
**AND**  
**PLAY**  
**ACTIVITY**  
**DICE**



**HOW TO ASSEMBLE**

Cut the die template along the edges. Fold each flap and between each die squares. Glue flaps together to form a cube.

Your Roll and Play Activity Dice is ready to play!

**HOW TO PLAY**

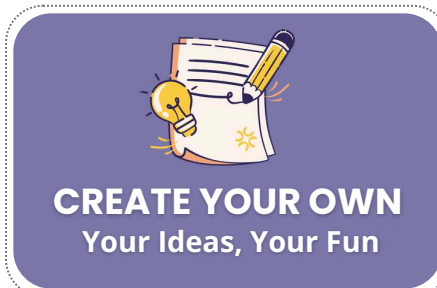
Roll the die and pick a card from that category!

Roll once or multiple times to choose activities for the day!



## JAR LABEL STICKERS

1. Print the labels on sticker paper or cardstock
2. Cut out the labels
3. Attach them to your jar or container
4. Sort your activity cards by category (optional)
5. Pick a Card & Let the Fun Begin!

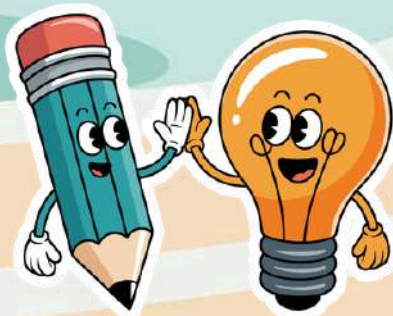




# I'M BORED

## SUMMER

### ACTIVITY CARDS





# I'M BORED SUMMER ACTIVITY CARDS



## HOW TO USE YOUR SUMMER ACTIVITY CARDS

### **PICK A CARD**

No setup needed!

Let your child choose a card anytime and start playing right away.

### **BORED JAR METHOD**

Turn your cards into a fun boredom jar!

1. Print and cut out the activity cards
2. (Optional) Sort them by category
3. Use the jar labels to organize your cards
4. Place the cards in a jar or container
5. When your child says "I'm bored," pick a card
6. Do the activity and have fun!

### **ROLL & PLAY GAME**

Make it a fun surprise game!

1. Roll a die or use the foldable activity die
2. Match the number or icon to a category
3. Pick a card from that category
4. Do the activity and enjoy!

Tip:

Roll once or multiple times to choose activities for the day!

### **TIP**

Mix different types of activities for a fun and balanced day!

Print, cut out the cards, and use them anytime your child says "I'm bored!"

**OUTDOOR FUN**

Sunshine Adventures

 **Go on a  
backyard  
scavenger  
hunt**



**OUTDOOR FUN**


Sunshine Adventures

 **Draw with  
sidewalk  
chalk**



**OUTDOOR FUN**

Sunshine Adventures

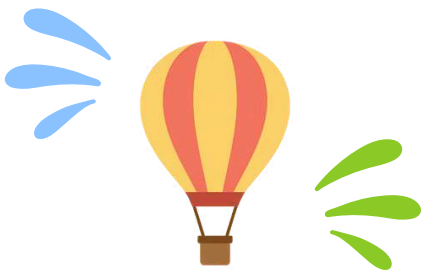
 **Blow  
bubbles and  
try to catch  
them**



**OUTDOOR FUN**

Sunshine Adventures

 **Have a  
mini picnic  
outside**



**OUTDOOR FUN**

Sunshine Adventures

 **Look for  
shapes in the  
clouds**



**OUTDOOR FUN**

Sunshine Adventures

 **Water the  
plants or  
garden**




**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

Print, cut out the cards, and use them anytime your child says "I'm bored!"

**OUTDOOR FUN**

Sunshine Adventures

 **Go on a short nature walk**



**OUTDOOR FUN**

Sunshine Adventures

 **Build a fort using chairs and blankets**



**OUTDOOR FUN**

Sunshine Adventures

 **Watch the sunset**



**OUTDOOR FUN**

Sunshine Adventures

 **Collect leaves, rocks, or flowers**



**OUTDOOR FUN**

Sunshine Adventures

 **Run around and count your steps**



**OUTDOOR FUN**

Sunshine Adventures

 **Play "I spy" outside**



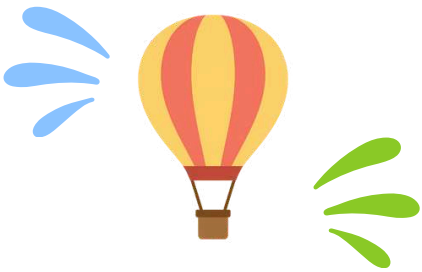
**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

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Use them anytime your child says "I'm bored!"



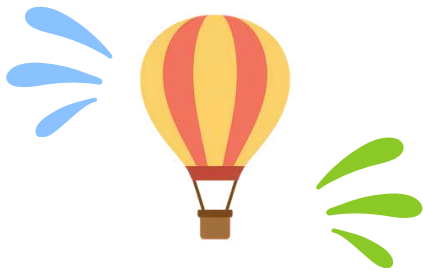
**OUTDOOR FUN**

Sunshine Adventures



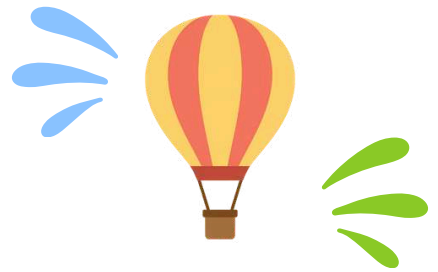
**OUTDOOR FUN**

Sunshine Adventures



**OUTDOOR FUN**

Sunshine Adventures



**OUTDOOR FUN**

Sunshine Adventures



**OUTDOOR FUN**

Sunshine Adventures



**OUTDOOR FUN**

Sunshine Adventures





Print, cut out the cards, and use them anytime your child says "I'm bored!"

**CREATIVE PLAY**

Little Artist Mode

 **Draw your dream summer day**



**CREATIVE PLAY**

Little Artist Mode

 **Make a paper fan**



**CREATIVE PLAY**

Little Artist Mode

 **Create your own comic strip**



**CREATIVE PLAY**

Little Artist Mode

 **Build something with recycled materials**



**CREATIVE PLAY**


Little Artist Mode

 **Color your favorite animal**



**CREATIVE PLAY**

Little Artist Mode

 **Make a DIY card for someone**





Print, cut out the cards, and use them anytime your child says "I'm bored!"

**CREATIVE PLAY**

Little Artist Mode

 **Design your own superhero**



**CREATIVE PLAY**

Little Artist Mode

 **Create a mini art gallery**



**CREATIVE PLAY**

Little Artist Mode

 **Draw using only 3 colors**



**CREATIVE PLAY**

Little Artist Mode

 **Make up a short story**



**CREATIVE PLAY**

Little Artist Mode

 **Decorate paper with stickers or doodles**



**CREATIVE PLAY**

Little Artist Mode

 **Draw your favorite food**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**CREATIVE PLAY**

Little Artist Mode



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Print, cut out the cards, and use them anytime your child says "I'm bored!"

**ACTIVE PLAY**

Energy Burners

 **Do a 10-minute dance party**



**ACTIVE PLAY**

Energy Burners

 **Create your own obstacle course**



**ACTIVE PLAY**

Energy Burners

 **Jump like a frog for 1 minute**



**ACTIVE PLAY**


Energy Burners

 **Have a pillow hopping race**



**ACTIVE PLAY**

Energy Burners

 **Try a silly walk challenge**



**ACTIVE PLAY**

Energy Burners

 **Play follow the leader**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Print, cut out the cards, and use them anytime your child says "I'm bored!"

**ACTIVE PLAY**

Energy Burners

 **Do 10 jumping jacks**



**ACTIVE PLAY**

Energy Burners

 **Balance on one foot**



**ACTIVE PLAY**

Energy Burners

 **Play freeze dance**



**ACTIVE PLAY**

Energy Burners

 **Run in place for 1 minute**



**ACTIVE PLAY**

Energy Burners

 **Spin around 5 times & walk straight**



**ACTIVE PLAY**

Energy Burners

 **Do a mini stretch routine**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**ACTIVE PLAY**

**Energy Burners**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

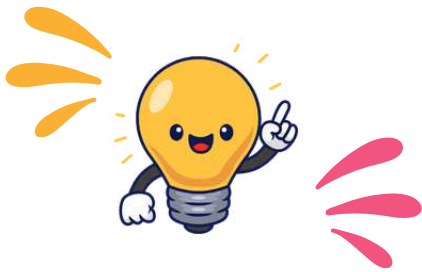


Print, cut out the cards, and use them anytime your child says "I'm bored!"

**BRAIN BOOST**


Smart Play Missions

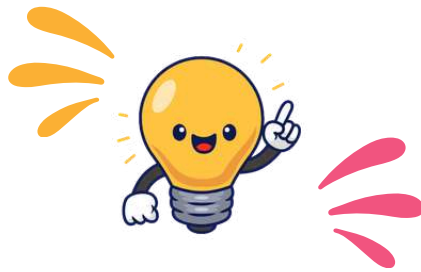
 **Read a short story**



**BRAIN BOOST**

Smart Play Missions

 **Solve a simple puzzle**



**BRAIN BOOST**

Smart Play Missions

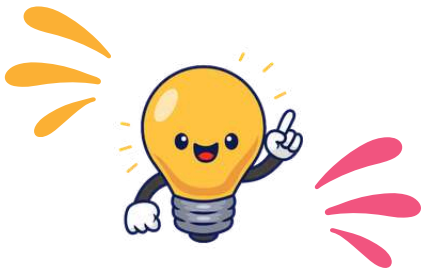
 **Count how many blue things you can find**



**BRAIN BOOST**

Smart Play Missions

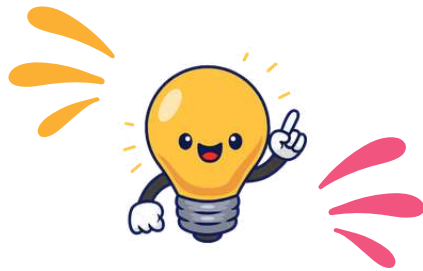
 **Play a memory game**



**BRAIN BOOST**

Smart Play Missions

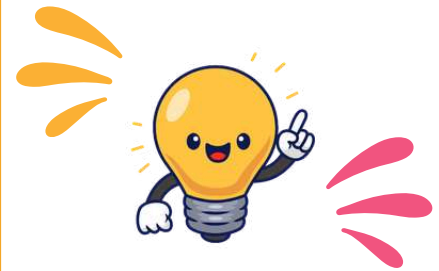
 **Name 5 animals**



**BRAIN BOOST**

Smart Play Missions

 **Spell your favorite word**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

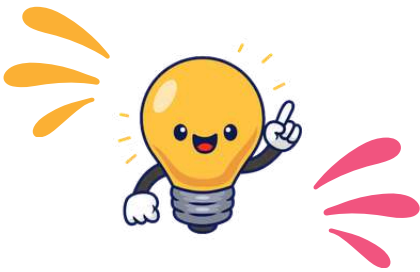


Print, cut out the cards, and use them anytime your child says "I'm bored!"

**BRAIN BOOST**

Smart Play Missions

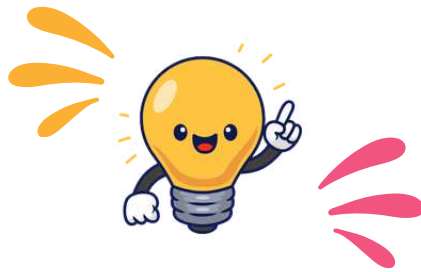
 **Name 3 fruits and 3 vegetables**



**BRAIN BOOST**

Smart Play Missions

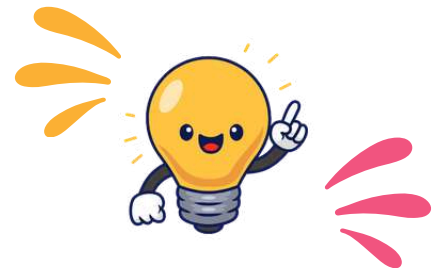
 **Draw and label parts of your body**



**BRAIN BOOST**

Smart Play Missions

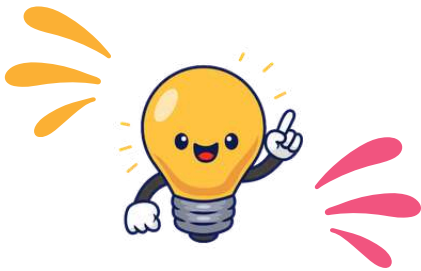
 **Learn 3 new words**



**BRAIN BOOST**

Smart Play Missions

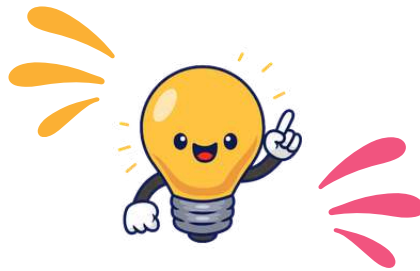
**+ Do a simple math challenge**



**BRAIN BOOST**

Smart Play Missions

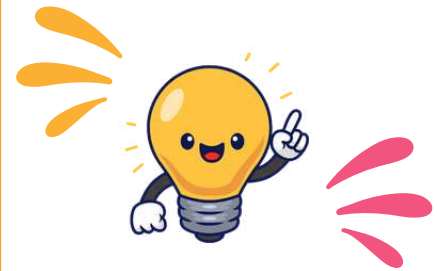
 **Practice writing your name**



**BRAIN BOOST**

Smart Play Missions

 **Think of 3 things you are grateful for**



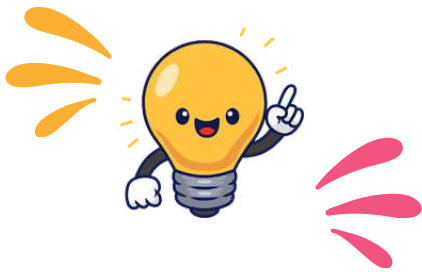
**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

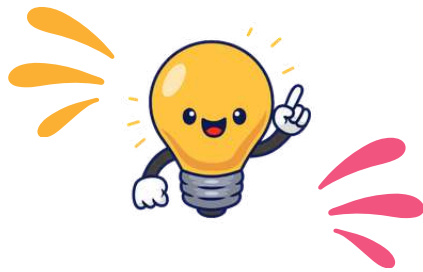
**BRAIN BOOST**

Smart Play Missions



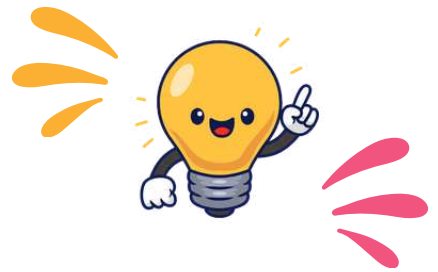
**BRAIN BOOST**

Smart Play Missions



**BRAIN BOOST**

Smart Play Missions



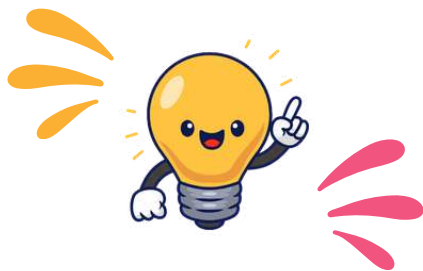
**BRAIN BOOST**

Smart Play Missions



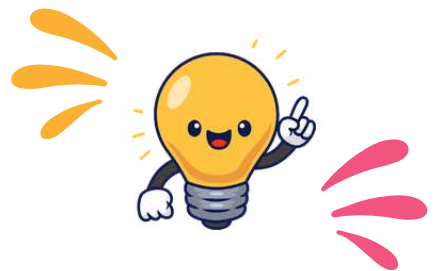
**BRAIN BOOST**

Smart Play Missions



**BRAIN BOOST**

Smart Play Missions



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Print, cut out the cards, and use them anytime your child says "I'm bored!"

**HELPFUL HANDS**

Super Helper Tasks

 **Put away  
your toys**



**HELPFUL HANDS**

Super Helper Tasks

 **Fold small  
clothes**



**HELPFUL HANDS**

Super Helper Tasks

 **Organize  
your books**



**HELPFUL HANDS**

Super Helper Tasks

 **Help pack  
snacks**



**HELPFUL HANDS**

Super Helper Tasks

 **Match  
socks  
together**



**HELPFUL HANDS**

Super Helper Tasks

 **Fix your  
bed**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Print, cut out the cards, and use them anytime your child says "I'm bored!"

**HELPFUL HANDS**

Super Helper Tasks

 **Help set the table**



**HELPFUL HANDS**

Super Helper Tasks

 **Help wipe the table**



**HELPFUL HANDS**

Super Helper Tasks

 **Water indoor plants**



**HELPFUL HANDS**

Super Helper Tasks

 **Clean your play area**



**HELPFUL HANDS**

Super Helper Tasks

 **Help prepare something simple**



**HELPFUL HANDS**

Super Helper Tasks

 **Arrange your shoes**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



**HELPFUL HANDS**

Super Helper Tasks



I'M BORED  
SUMMER  
ACTIVITY CARDS



Print, cut out the cards, and use them anytime your child says "I'm bored!"

COOL DOWN FUN

Chill & Refresh Time

💧 Drink a glass of water



COOL DOWN FUN

Chill & Refresh Time

🎵 Listen to calming music



COOL DOWN FUN

Chill & Refresh Time

🛏️ Lie down and relax



COOL DOWN FUN

Chill & Refresh Time

🖍️ Sit and draw quietly



COOL DOWN FUN

Chill & Refresh Time

🧘 Stretch your body slowly



COOL DOWN FUN

Chill & Refresh Time

🧸 Hug a pillow and rest





Print, cut out the cards, and use them anytime your child says "I'm bored!"

COOL DOWN FUN

Chill & Refresh Time

 **Have quiet reading time**



COOL DOWN FUN

Chill & Refresh Time

 **Do deep breathing for 1 minute**



COOL DOWN FUN

Chill & Refresh Time

 **Watch an educational video**



COOL DOWN FUN

Chill & Refresh Time

 **Have a snack break**



COOL DOWN FUN

Chill & Refresh Time

 **Close your eyes and imagine a beach**



COOL DOWN FUN

Chill & Refresh Time

 **Sit quietly and look around**



**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**



Write your own fun ideas, then print and cut out the cards.  
Use them anytime your child says "I'm bored!"

**COOL DOWN FUN**

Chill & Refresh Time



**COOL DOWN FUN**

Chill & Refresh Time



**COOL DOWN FUN**

Chill & Refresh Time



**COOL DOWN FUN**

Chill & Refresh Time



**COOL DOWN FUN**

Chill & Refresh Time



**COOL DOWN FUN**

Chill & Refresh Time



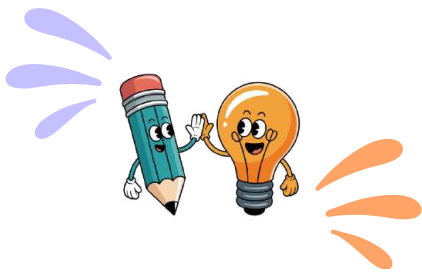
**I'M BORED**  
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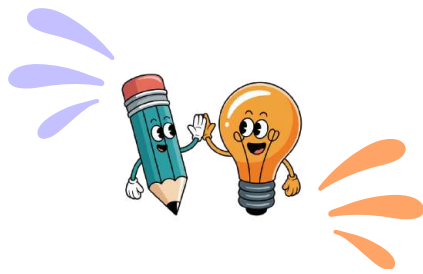
**CREATE YOUR OWN**

Your Ideas, Your Fun



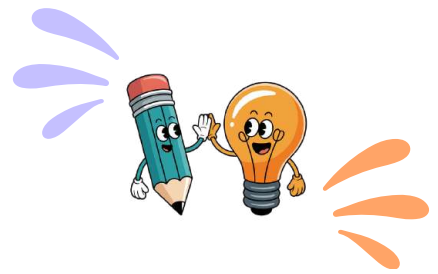
**CREATE YOUR OWN**

Your Ideas, Your Fun



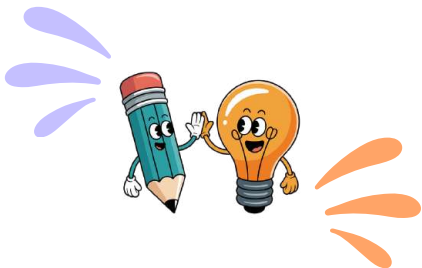
**CREATE YOUR OWN**

Your Ideas, Your Fun



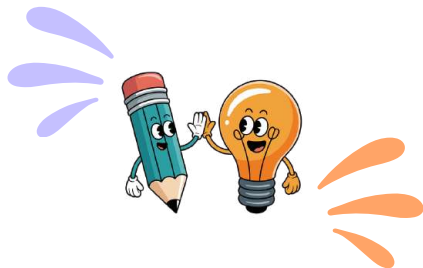
**CREATE YOUR OWN**

Your Ideas, Your Fun



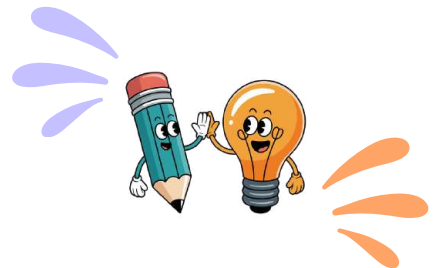
**CREATE YOUR OWN**

Your Ideas, Your Fun



**CREATE YOUR OWN**

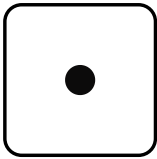


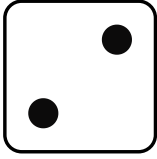


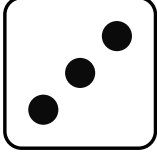


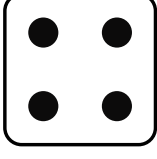


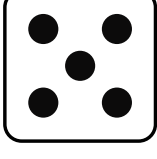


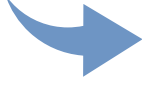

Your Ideas, Your Fun





## LET'S ROLL AND PLAY!

1. Roll the die
2. Look at the number you rolled
3. Match the number to a category
4. Pick a card from that category
5. Do the activity and have fun!

			<b>Outdoor Fun</b>
			<b>Creative Play</b>
			<b>Active Play</b>
			<b>Brain Boost</b>
			<b>Helpful Hands</b>
			<b>Cool Down Fun</b>

**I'M BORED**  
**SUMMER**  
**ACTIVITY CARDS**

**ROLL**  
**AND**  
**PLAY**  
**ACTIVITY**  
**DICE**



**HOW TO ASSEMBLE**

Cut the die template along the edges. Fold each flap and between each die squares. Glue flaps together to form a cube.

Your Roll and Play Activity Dice is ready to play!

**HOW TO PLAY**

Roll the die and pick a card from that category!

Roll once or multiple times to choose activities for the day!



## JAR LABEL STICKERS

1. Print the labels on sticker paper or cardstock
2. Cut out the labels
3. Attach them to your jar or container
4. Sort your activity cards by category (optional)
5. Pick a Card & Let the Fun Begin!

