

100 BORED JAR IDEAS

30 mins on your computer console	30 mins on YouTube	Bake a cake	Build a den
Play football in the garden	Tidy your room	Play dress up	Watch a movie
Paint a picture	Vacuum the house	Draw a self portrait	Create a bug hotel in the garden
Scoot around the block	Make paper aeroplanes	Conduct a science experiment	Make your own slime
Design and make your own board game	Play hopscotch in the garden	Make jelly	Play a board game
Colour in a book	Create an indoor/ outdoor obstacle course	Play a card game	Have a race
Play Top Trumps	Play Musical Statues	Design your own flag	Make your own pizza
Cook something of your choice	Create your own family coat of arms	Make a Hot Wheels track/play with toy cars	30 mins out on the trampoline
Make your own video	Build something with LEGO	Make finger puppets	Learn how to make a volcano
Draw around your brother or sister	Design your dream bedroom	Make a bird feeder	Have an ice cream or sweet treat

Suburban Mum

A FAMILY, FOOD, TRAVEL & CRAFTS BLOG

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Make your own family tree	Use a paper plate to make a craft	Write a poem	Wash the car
Make fingerprint animals	Read a book	Go for a walk	Listen to a story
Make a bookmark	Draw on the patio with chalk	Make cards	Craft with mum
Draw a picture of our house on the outside	Do a 30 min workout	Facetime your friends	Make biscuits
Do a jigsaw	Play a game of chess	Make popcorn	Create your own comic book
Borrow a camera and take photos	Make a rainwater collector	Create your own Pokemon character	Make a marble run
Create an animal out of cardboard	Ride your bike	Draw a map of your house	Make your own play dough
Find five toys to give away	Design your own food menu	Do 10 star jumps in every room of the house	Find rocks and paint them
Make your own Treasure Map	Write 5 things you love about each member of your family	Do potato printing	Have an indoor picnic
Make salt dough	Write and post a letter to your friends	Learn a magic trick	Hunt for bugs in the garden

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Make hot chocolate	Play hide and seek	Make dream catchers	Make something out of origami
Make chocolate brownies	Draw a robot and label all his parts	Play hangman	Practice tying your shoelaces
Draw a family portrait	Build a fort with blankets	30 mins free play	Take photos of 5 favourite things around the house
Have a Nerf battle	Do a word search	Make a mug cake	Draw a picture blindfolded
Face paint each other	Do some bubble painting	Make your own flipbook	Interview a family member

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