

BOREDOM BREAKING BINGO!

	read a book for 20+ mins	have a dance party	build something with LEGO	draw a sunny day picture	have a picnic inside or in the garden
	make your own dance up	learn to say something in a different language	draw your own cartoon character	bake something with a parent	paint a picture
	sing a song	build a den with blankets and cushions	\	write a poem	draw a self portrait
	watch a new movie	write a short story	have a colouring contest	play dress up	watch a nature documentary
	stretch or do kids yoga	make something from a cardboard box	write a poem	draw a rainbow	create your own recipe