

The “Bored List”

by Patience’s Behavior Therapy

When you’re kids start to whine “I’m bored!” and then they negate anything you offer for them to do, it becomes quite frustrating. So have them making their own “bored list” of things they can do and then when you hear that familiar “I’m bored!” refer them to their own list and they can pick something to do. Here’s an example list. You can fill in your own play activities here or make your own list from scratch.

Building	Imagining
Legoes	Make up a game
Knex	Write a book/story
Blocks	Pretend to be an animal
Magnetic blocks	Paper dolls
Puzzles	Pretend to be pirates, princesses, etc
Other building materials...	Make a blanket/pillow fort
Playing	Role playing
Cars	Dress up
Dinosaurs	Play kitchen/pretend cooking
Stuffed animals	Play “house”/”Family”
Dolls/action heroes/characters	Play “School”/”teacher”
Toys	
Balls	
Gaming	Creating
Board games	Play dough
Card games	Make jewelry
Computer/video/ipad games	Macaroni art
Outdoor games	Make decorations
“Hide and Seek”	Make things out of the recycling items
“Mother May I”	
“Red Light/Green Light”	
Arts and Crafting	Sporting
Drawing, Coloring, Painting	Basketball
Sidewalk chalk	Soccer
Craft kits	Make an outdoor obstacle course
Make greeting cards/letters for people	Jump rope
Helping	Other
Do chores/extra cleaning- wash windows	Bake/cook
Help a neighbor/grandparents/etc	Go for a walk
Volunteer opportunities	Explore
Play with the pets	Play outside
Yard work	Ride bike/scooter/etc