

# Fighting Boredom

1. You can make a schedule for every day, write it down or just practice the new schedule until it becomes habit.
2. Knowing your schedule and letting kids know the schedule too can reduce stress in adults and children.
3. In the schedule include activities in and out of the home if possible, tasks, meals and chores that will be completed throughout the day. These will be your **daily consistent activities**.
4. Sit down with your children and make a list together of activities and things you and your child agree on that can be placed in plain view along with the schedule, such as on the refrigerator so that you and the children can easily refer to it.
5. You can make index cards or a list to keep available to you and your children with each **structured activity category** you are able to provide in your home.
6. Pull out the activity cards, tell the child to choose three different cards, or have the child look at the list or give them a few options.



7. The child can then choose one activity to do from the cards or from the list.
8. The other option if they do not like their three choices is they can find something to do on their own for the designated period of time.
9. Activity times should last anywhere from 15 minutes to one hour depending upon the child's age and level of functioning, shorter amounts of time for younger children due to attention span.
10. The goal is to keep children from becoming bored, irritated or from starting conflict with you or their siblings.
11. Using a timer is helpful to differentiate the change in activities. Monitoring how well the children are engaged in the task to determine a time frame is important as well.
12. You can designate special areas of the house for different activities so children feel they have special places such as the reading corner or the coloring area.
13. Free playtime may be designated for several times during the day. It is important to remember that children greatly benefit from structured activities in addition to free playtime.
14. Parental participation and supervision during activities is essential as it sends the message to your child that you want to be a part of their day, their play and their learning.

## Daily Consistent Activities

1. **Meal time:** Breakfast, lunch, and dinner
2. **Snack time:** Snacks can be 1-2 times a day, a morning and afternoon healthy snack. Have a make your own snack day such as ants on log or peanut butter balls, or the parent can choose the snack.
3. **Chore time:** Most parents have positive reinforcement for completion of chores such money for allowance. Chores are a wonderful activity parents and children can do together which teaches children that chores can be fun.
4. **Bath/shower time:** The dreaded bath, find something to make bath time fun or a positive reinforcement directly following the bath.
5. **Bed time:** The other dreaded daily necessity, find something to make bedtime fun. Children love getting special attention, a parent reading a story or singing a song will help calm them down. Take the time it's important.

## Structured Activities

1. **Coloring/drawing/writing time:** Give children new items to color or read a story and they can use their imagination to color the picture. Have your child write a story or tell stories to the other children with you present.
2. **Music/movement time:** Play some music and dance with the kids or have the kids dance. See if you can get them to make their body into a mountain or a noodle, or different letters. These types of exercises are great for child development and coordination. Use your imagination. Have fun.

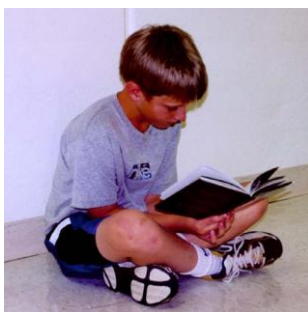


3. **Craft time:** Check out a craft book from your library or get on the Internet. There are a million crafts out there for children that are inexpensive and will help your child to be creative. There are many craft ideas online or in books at your local library. One website I found many simple but fun crafts on is [www.kidsdomain.com](http://www.kidsdomain.com).
4. **Free Playtime:** Go outside if it's a nice day or find toys or something to do inside to play.
5. **Outside play time:** Play children's games with the children or initiate and supervise some outdoor games such as Simon says or hide 'n' go seek, hop scotch, jump rope, red rover.
6. **Sand play time:** Think about buying some play sand, a large plastic container with a lid and some shovels and buckets. Children love sand and will play in it for quite awhile. If you have many children you may need more than one sandbox.
7. **Quiet time/nap time:** This allows the child to get some rest even if not sleep during the day.
8. **Puppet show time:** If you have puppets or perhaps the kids would want to make puppets they could put on a puppet show
9. **Pretend time:** Pretend to work at a bank, or go grocery shopping, or be an astronaut. Children can dress up or the parent can encourage them to use their imagination.
10. **Game time:** Children love to play games but often get out of the habit after a game is no longer new. If the parent, other children and siblings play the game too, that is what makes it fun. Have board games and card games to choose from.
11. **Movie time:** Give several different choices, movies for children are available at your local library or maybe you want to swap movies with another family
12. **Story time/reading time:** Read the children a story-it's probably been a while since they have had a story read to them, or check out books at the library and encourage reading
13. **Time in the community:** Ideas for community activities include: public pool, movies, library, parks, art museum, summer sport, ball game, and camp. Be creative you can think of many more!
14. **Learning/homework time:** Maybe you like to do school work including reading, writing, spelling, vocabulary, and math assignments over the summer? Set up a time during the day to learn something new.



#### Activities for older youth

1. **Time with friends:** Kids can invite friends over to your house, or with permission and approval kids can spend time at a friend's house.
2. **Time in the community:** Ideas for community activities include: public pool, movie, library, park, art museum, ball game, babysitting, job, summer sport and camp. Be creative you can think of many more!



3. **Game time:** Kids love to play games but often get out of the habit after a game is no longer new. If the parent, other children and siblings play the game too, that is what makes it fun. Have board games and card games to choose from.
4. **Movie time:** Give several different choices, movies for kids are available at your local library or maybe you want to swap movies with another family.
5. **Reading time:** Your kids can get a library card and check out books at the library, encourage reading
6. **Learning/homework time:** Maybe you like to do school work including reading, writing, spelling, vocabulary, and math assignments over the summer? Set up a time during the day to learn something new.

**These are just some of the many ideas out there to help keep busy kids occupied and to provide structure during the long summer days. Use your imagination and see what ideas you can think of to have fun this summer with your kids.**

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