

DON'T FORGET YOUR ABCS!

# ANTI BOREDOM CHALLENGES



## SIDEWALK SCENE

Use sidewalk chalk or other materials to build an imaginary scene on the ground in which to place yourself. Take advantage of the gravity-defying possibilities!



## EMOTION COLLAGE

Using photos or drawings, create a collage of emotions or expressions. Suggested images: happy, sad, upset, angry, scared, surprised, tired, embarrassed, confused, silly, bored, shy, anxious, calm, confident, curious.



## BREAD CLIP BUDDY

Using bread clips, twist ties or other food packaging, build a figurine. Can you assemble an army of culinary contraption cohorts?



## FROZEN T-SHIRT

Gather 1 shirt per participant. Soak each shirt in water, wring out, fold, and freeze in individual plastic bags. When it's game time, race to see who can thaw and put on their shirt. Playing outdoors is recommended.



## APPLE STACKING

How many apples can you stack on top of each other before the tower falls?



## MOTORCARD

Tape a playing card to your bicycle frame so that the card slaps your spokes as your wheel turns. Ride around, sounding like your bicycle is motorized! Add more cards to increase noise.



## ICE CREAM IN A BAG

**Ingredients:** 1 cup half & half, 1.5 tsp vanilla, 1 tbsp sugar, ice, 1/4 cup salt

**Equipment:** 1 large re-sealable zipper bag, 1 small re-sealable zipper bag

**Instructions:** Pour half & half, vanilla and sugar into small zipper bag. Seal bag firmly while squeezing out excess air. Fill large zipper bag halfway with ice and add salt. Place small bag of ingredients into large bag and fill with extra ice on top. Seal large bag firmly. Using gloves or dishtowel, shake or roll bag for 5 minutes. Carefully open large bag and remove small bag. Gently rinse small bag to remove salty ice water. Open small bag and enjoy!