

DON'T FORGET YOUR ABCs!

ANTI BOREDOM CHALLENGES



CAMP FIRE

Build a pretend campfire using natural outdoor materials.



SCAVENGER HUNT

- Yellow car
- Dog
- Bird
- Squirrel
- Stop sign
- Worm
- Spider web
- Ant
- Pill bug
- Flower garden



MUSIC MASH

Write 5 different topics and 5 different types of music and place them in 2 different containers. Draw 1 topic and 1 type of music. Create a quick song based on what you have picked.



JUMP START

Use chalk or another object to mark start line. Use hoop or another object as target to jump to. After each successful jump, move target to increase difficulty.



NOSE LIP GRIP

What is the biggest or weirdest object you can hold between your upper lip and nose?



OBSTACLE COURSE

Create an obstacle course that includes: something to climb under, something to climb over, something to step on, something to roll across. Add sections to crab walk, wriggle like a worm, crawl, hop, jump.



FRENCH TOAST ROLL-UPS

Ingredients: 6 slices bread, 1 egg, 2 tbsp milk, 1/4 tsp vanilla | **Topping:** 1/4 cup white sugar, 1 tsp cinnamon

Filling suggestions: cream cheese and fruit, peanut butter & banana, jam

Instructions: Mix sugar and cinnamon in a small bowl and set aside. Mix egg, milk and vanilla. Using rolling pin or hands, flatten bread as thin as possible. Spread filling of choice on each piece and roll up. Dip into milk/egg mixture.

Heat up butter or oil in a frying pan. Add rolls to pan and cook until brown, flipping to cook on all sides. Sprinkle cinnamon/sugar mix on rolls as soon as you take them out of the pan. Serve hot or cooled.