

winter Boredom Busters



MAKE AN "EMERGENCY" FUN KIT

- > Create a special box of unique supplies for those "emergencies" when you need something new and different to entertain your kids. Stock up on a few affordable items at a discount store or dollar store, and add some household items such as these:
- > Rubber bands, foil, silly putty, marbles, specialty crayons or markers (like sparkle crayons), rubber ball, pipe cleaners, beads, modeling clay, magnifying glass, magnets and small puzzles. For older children include activity books like crossword puzzles or Mad Libs.

PEANUT-BUTTER CLAY

Who says you can't play with your food? It's edible!

- 1 cup creamy peanut butter
- 1 1/2 cups instant powdered milk
- 3 Tablespoons honey

Mix until smooth. If dry, add honey; if moist, add powdered milk. Mold into shapes...add raisins, chocolate chips or pretzels. Store in refrigerator. (Don't forget to wash your hands!)

QUICK + EASY ACTIVITIES

- > Design an obstacle course.
- > Put on a puppet show.
- > Make a tent.
- > Play with bubbles.
- > Make paper airplanes.
- > Make things with foil: a snowman, a foil family, a snake, jewelry.
- > Make crayon rubbings (color over items like coins, leaves or anything textured).
- > Make a paper doll chain.
- > Try to draw a picture with your eyes closed. Or draw in the dark!
- > Make a mask out of a paper plate.
- > Make paper chain links. Glue, tape or staple paper strips together.
- > Play some old-fashioned classic games: Simon says; red light, green light; hopscotch; or rock, paper, scissors.
- > Draw with chalk on construction paper.

CREATIVE GAMES

- > Make a mystery bag: fill a pillowcase with household objects and lets kids feel one object and try to guess what is (spoon, orange, Lego, rock, keys, feather or comb). No peeking!
- > Play Sixty Seconds: Get a stopwatch or a watch with a second hand. See how many jumping jacks you can do in 60 seconds. How many hops? How many finger snaps? Make up your own activities and get a little exercise at the same time!
- > Play Broom Ball: Get a broom, ball and bucket or laundry basket. Try to "sweep" the ball into the "goal." Keep track of how many strokes it takes to make a goal, or make up your own rules.
- > Build a structure: Use gumdrops and toothpicks or stick pretzels and marshmallows.
- > Have a treasure hunt: Hide items around the house, and let kids hunt for them (pennies, plastic eggs or small stuffed animals).
- > Plan a scavenger hunt: Make a list of things for kids to look for inside (or outside if the weather is nice). Be creative! Count the number of windows in the house or trees in the yard. Find a 1981 penny, a seashell, a can of chicken noodle soup, or roll of toilet paper.
- > Make a racetrack: get out the sidewalk chalk and draw a giant racetrack for kids to follow on foot or bikes. Include stop signs and other road signs.
- > Make a balance beam: Put a piece of masking tape across a carpeted room. Now, use it as a balance beam! Give directions such as walk backwards, hop, fly like an airplane, or walk like a monkey.
- > Secret message: Write a message on a piece of paper with a white crayon, then ask a friend to paint over it with watercolor paints. Watch the message show through when you paint it. It's like magic!
- > Make a cereal necklace: Lace round cereal through yarn or string. Use Cheerios, Fruit Loops, Apple Jacks or anything with a hole in it.
- > Make a nature collage: Take a hike around your yard and collect natural items to glue on a piece of cardboard. Look for pinecones, pebbles, flowers or feathers.
- > Wax paper skating: Tear off two pieces of wax paper about a foot long. Step on the paper with each foot and "skate" on carpet.