

# Boredom-Busting Activities To Do At Home



[12 Famous Museums](#) offer virtual tours you can take from your sofa!



Keep a Journal – Each day spend 5 minutes writing a response to the following points:

- ★ *I'm grateful for...*
- ★ *This is how I'll make today great...*
- ★ *My good deed today...*
- ★ *How I'll improve...*
- ★ *Great things I experienced today...*



Keep Fit – Tune in to [Joe Wicks' PE Lessons](#) each morning!

*Take a selfie of you completing the session!*



Photography Challenge – Document your time in self-isolation in photographs (*capture your mood, what you did, how you felt*)



Cookery Challenge – Look in the cupboards; what do you have? Can you come up with a meal idea from it? Get your adult to help you.

*Extra marks for putting together a totally original/mad/weird recipe!*



Learn a skill from the internet – For example:

[learn to juggle](#) / [learn sign language](#) / [learn a dance](#)



Learn a [magic trick](#) and perform it to your family!



Learn a dance trick – For example '[Learn How to Moonwalk](#)'



Pick a type of food that you like and grow it. Get the seeds from the fruit or vegetable and actually grow your own food in a pot!




Make an [origami dinosaur](#)!




Learn some new words in a foreign language (e.g. [Foods in Spanish!](#))



Read a book that you haven't read before – Challenge yourself!

 Pick a household chore and complete a different one each day – add this to your journal!

 Learn how to recycle – Visit "[Terracycle](#)" for useful tips on how to get better at recycling!

 Go on line and find a [World Record](#) that you can try and break at home!

***If you think of any of your own Boredom-Busting activities make sure you record them in your journal or workbook to share with your teacher!***