

# 100 Boredom Busters for Kids

1. Invent your own board game and play it with family.
2. Write a comic strip starring an animal.
3. Design a new flavor of ice cream and name it.
4. Make a time capsule with items from this week.
5. Host a three-song silent disco with headphones.
6. Paint rocks and leave them around the neighborhood.
7. Write a letter to your future self.
8. Create your own workout video (goofy moves welcome!).
9. Build a fort using only blankets and chairs.
10. Make a DIY obstacle course in the backyard or hallway.
11. Try to break a random world record.
12. Invent an unusual superpower (like super-sneezing).
13. Go on a rainbow scavenger hunt: find something in every color.
14. Create a gratitude jar and add one new note each day.
15. Write a story that starts: 'The clouds looked suspicious...'
16. Learn to fold origami animals.
17. Make a tiny movie using your toys or LEGOs.
18. Build a spaghetti-and-marshmallow tower.
19. Recreate a famous painting using household things.
20. Make friendship bracelets and give them away.
21. Try drawing upside down.
22. Write a funny commercial for a boring object (ex: pencil).
23. Invent a secret handshake with someone.
24. Cook a no-bake dessert with help from an adult.
25. Draw your dream bedroom, spaceship, or school.
26. Turn a book into a play and perform it.
27. Try a YouTube dance tutorial.
28. Play 'Would You Rather' with the weirdest questions you can.
29. Create a mini museum with your favorite toys.
30. Build a bird feeder from recycled materials.
31. Make a kindness bingo board and complete a row.
32. Learn 5 words in a new language.
33. Write a poem about something silly (like socks).
34. Make a paper boat and try to float it.
35. Reorganize your room like a new space.
36. Have a theme day (pirate, backwards, superhero, etc.).
37. Make a comic using sidewalk chalk.
38. Try mirror drawing with both hands.
39. Freeze toys in water and become an archaeologist.
40. Create your own secret code and write a message.
41. Play flashlight tag (indoors or outside).
42. Paint with nature - leaves, sticks, and petals.
43. Draw a map of an imaginary island.
44. Start a 'daily doodle' journal.
45. Make a robot costume from cardboard boxes.
46. Have a picnic... on your living room floor.
47. Design and write postcards from made-up places.
48. Make a puppet show using socks or paper bags.
49. Host a lip-sync concert with props.
50. Create your own planet. What's it called? What's it like?
51. Challenge yourself to walk backward for 10 mins (safely).
52. Make a comic of your funniest family moment.
53. Turn your name into an acrostic poem.
54. Start a boredom jar with folded activities.
55. Interview someone in your family.
56. Draw your favorite smell (yes, really!).
57. Host a joke contest with your family.
58. Create a paper city on a tabletop.
59. Learn to juggle with soft items.
60. Do a toy wash - give toys a bubble bath.
61. Create a paper airplane obstacle course.
62. Invent a machine that solves a ridiculous problem.
63. Make a mini-zine or magazine about your favorite topic.
64. Try stop-motion animation with a free app.
65. Decorate a mailbox just for notes from family.
66. Create a dance using only 3 moves - loop it!
67. Try a blindfolded drawing challenge.
68. Write a story where YOU are the hero.
69. Make a playlist that matches your mood.
70. Create a shadow puppet story using a flashlight.
71. Try drawing without lifting your pencil.
72. Make silly hats out of paper or recycled stuff.
73. Act out different emotions using only body movements.
74. Create your own holiday and celebrate it today.
75. Write instructions for how to be YOU.
76. Have a color-themed meal (all green, all red!).
77. Draw your favorite movie scene.
78. Stack plastic cups into the tallest tower you can.
79. Invent a new kind of sport and explain the rules.
80. Make a DIY board game with cardboard and markers.
81. Write down 10 things that made you smile this week.
82. Try to balance something on your head for 1 minute.
83. Learn a magic trick and perform it.
84. Make a treasure map and go on a hunt.
85. Try making shadow art outside with toys and the sun.
86. Have a book-themed tea party with stuffed animals.
87. Make a face collage using old magazines.
88. Write a song about your favorite snack.
89. Create a DIY photo booth with props.
90. Pretend to be a weather reporter for your home.
91. Draw a mural on paper or cardboard with others.
92. Design your own comic book hero logo.
93. Make a paper chain of your summer highlights.
94. Create a challenge course for your toys or cars.
95. Try to write a story using only emojis.
96. Have a 'freeze dance' party with your favorite songs.
97. Create an animal mash-up (half elephant, half shark?).
98. Write a how-to guide for your favorite thing.
99. Invent a game using spoons, socks, and string.
100. Make your own mini museum with 5 items you love.

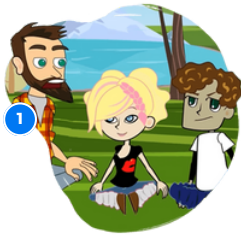
# 100 Boredom Busters for Teens

1. Make your a bucket list for this summer.
2. Create a vision board for your best future life.
3. Dance for five minutes like no one is watching.
4. Redecorate part of your space with a new vibe.
5. Make the ultimate, epic summer playlist.
6. Write a song and share it with friends or family.
7. Learn 10 phrases in a totally different language.
8. Re-read a favorite book series or start a new one.
9. Teach music lessons to younger siblings or neighbors.
10. Help a younger sibling or neighbor with a craft.
11. Plan and cook a full meal for the family.
12. Host your own 'Chopped' with surprise ingredients.
13. Bake cookies, cupcakes, or your favorite family recipe.
14. Plan a week of meals and help prep the shopping list.
15. Bake a loaf of homemade bread from scratch.
16. Prep a new nutritious, delicious snack.
17. Grow herbs or veggies in a window garden.
18. Organize a bake sale and donate some of the profits.
19. Draw or paint something.
20. Color in an adult coloring book to relax.
21. Follow a Bob Ross painting tutorial.
22. Learn calligraphy or hand lettering techniques.
23. Try knitting, crocheting, or sewing.
24. Make and design your own jewelry to wear or sell.
25. Build something from wood with simple tools.
26. Create a physical or digital scrapbook of memories.
27. Sketch portraits of family members or pets.
28. Make a playlist for different moods and share it.
29. Create a custom calendar or vision board.
30. Decorate your bedroom or give it a full makeover.
31. Build a fun obstacle course in the backyard.
32. Play ultimate frisbee with friends at the park.
33. Choreograph and record a music video.
34. Join a virtual workout class or follow fitness videos.
35. Learn and practice yoga or mindfulness.
36. Try a new sport or skill like skateboarding or archery.
37. Play Just Dance or other movement-based games.
38. Referee or coach a neighborhood sports game.
39. Play a new board game or card game with family.
40. Master a new braid or hairstyle using tutorials.
41. Complete a 500+ piece puzzle or a 3D model.
42. Create a bucket list of things to do this year.
43. Build something original with LEGOs.
44. Clean out and organize your entire bedroom.
45. Perfect your signature.
46. Make a budget and brainstorm ways to earn money.
47. Sell unused clothes or toys online or at a yard sale.
48. Detail a car or help wash bikes for neighbors.
49. Start a dog-walking or lawn care mini business.
50. Design your dream room and make a mood board.
51. Make a how-to video for something you're good at.
52. Eat something you have never eaten before.
53. Write fan fiction for your favorite show or book.
54. Create a YouTube channel around a hobby.
55. Start a journaling habit with daily or themed prompts.
56. Design and make your own board game.
57. Try origami or paper crafting challenges.
58. Learn basic coding or game design with free tools.
59. Host a game night with snacks and music.
60. Join a local teen book club or start one.
61. Write a letter to your future self.
62. Create a photo journal of your summer.
63. Make custom pins, stickers, or patches.
64. Try doing makeup or special effects tutorials.
65. Practice photography and learn editing apps.
66. Paint your own tote bag or t-shirt.
67. Build a terrarium or mini zen garden.
68. Interview a grandparent or neighbor and record it.
69. Start a collection (rocks, pins, stamps, etc.).
70. Have a themed movie marathon with reviews.
71. Read about a social issue and find a way to help.
72. Join or start a teen volunteer project.
73. Design a new app or product idea and sketch it out.
74. Make your own podcast episode
75. Create a family trivia game or scavenger hunt.
76. Try blindfolded drawing challenges.
77. Make a chalk mural outside.
78. Make a "to-don't" list of things you won't do.
79. Design packaging for a pretend product.
80. Learn to meditate or explore breathing exercises.
81. Send a surprise letter or small gift to a friend.
82. Try writing a script and performing it live or on video.
83. Test and rank all the snacks in your house.
84. Watch a documentary and talk about what you learned.
85. Plan a themed dinner night for your family.
86. Write down three of your greatest heroes.
87. Play tourist in your own town - visit a local spot.
88. Build a playlist and make cover art for it.
89. Create a gratitude list and decorate it.
90. Paint your own inspirational poster or quote board.
91. Host a trivia night for family or friends.
92. Draw a futuristic invention and write how it works.
93. Make a digital photo slideshow for family or friends.
94. Design your dream school or ideal schedule.
95. Start a bullet journal to track habits or moods.
96. Make up a character and write a day in their life.
97. Create an avatar of yourself and describe its powers.
98. Try meal-planning based on a cookbook or YouTuber.
99. Build a fort and read or write inside it.
100. Teach your pet a new trick and record the results.

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