



# Ideas to beat the Boredom

Are you running out of ideas to keep yourself active. We have put together a list that may give you some inspiration. These activities can be adapted for all ages.



## Memory Jar

Drop a note into a jar or container with something you did or felt during the day or week. The memory or experience can be good or bad. Encourage everyone in the family to participate, then at the end of the month you can look back at the month that was.



## Rediscover...

We have all pursued a hobby at sometime. Why not rediscover that hobby? Dust off those knitting needles, crochet hooks, woodwork tools, paint brushes, tennis rackets etc and create or do that activity you used to enjoy.



## Record Your Story

Many people have traced their family origins, but have you thought to record your own history. You can do this by writing down or voice / video record important information, memories of your childhood or big family events. Your family will look back at these in many years to come and thank you.



## Read a Book

Now is the perfect time to tick off all those books on your reading list. You can find a sunny spot outside and spend a very enjoyable hour immersing yourself in a good book, while enjoying a cuppa.



## Organise those family or favourite recipes

Organise your recipes into a book or card system. Include your families favourite meals, tried and tested recipes, hints and tips. Encourage others in the family to cook something from these recipes



## Write a letter

The art of letter writing has disappeared. All we seem to get is junk mail or bills. Put a smile on someone's face by dropping a note into a neighbour's letterbox, write a letter to the grandchildren, or get a younger child to send a drawing or note to a grandparent or a favourite relative. I can guarantee it will make someone's day.



## Entertainment Night

Get the kids to pick a favourite book and encourage them to act out the book (if it's a short picture book) or a favourite chapter from the book. You could also have someone read a poem, sing a song or tell some jokes.

Gather some snacks and enjoy a family entertainment night.



## Bake / Cook

Try a new recipe or perfect an old one. Make a few batches of your favourite biscuits or slices to enjoy or share with your neighbours. Get the kids to help you in the kitchen. Older kids could also try cooking a favourite dish for the whole family. Why not create a home restaurant?

Set the table, give everyone a menu of what you are serving, get the kids to take the drink order, ask everyone to dress up a little and enjoy a meal with a restaurant feel.



## Plant something colourful

With spring approaching it's a great time to plant some colour into your garden. Try planting into pots to create splashes of colour around your back door or outdoor area, or why not bring the outdoors in. Children will also enjoy digging up the dirt to plant veggies or flowers, It can then be their responsibility to ensure that they are watered. They will enjoy watching the plants grow



## Scrapbooking / Organising Photos / Drawing

Gather all those wonderful family photos full of memories and organise them into a scrapbook or photo album. Reflecting on wonderful memories can give you a boost. Now is the perfect time to organise all those photos that are on your phone / computer. Place them into folders eg: family holiday 2018 or John and Joanne's Wedding. It is also a good idea to save them to a portable / external hard drive. You can create 'slideshow' to view them on your TV, or there are a number of sites that allow you to create a photo book and have them printed. You can also collect those drawings, paintings and handmade cards the kids have made for you over the years and paste them in a scrapbook.