



Summer Boredom Buster Challenge!

For this year's Summer Challenge, we're offering you some help against one of your worst enemies during the holidays: boredom! When you start feeling bored, check out this challenge sheet for lots of great ideas to keep you occupied.

Each idea comes with a tick box. How many of them can you check off before the end of the summer holidays? You can also colour in the titles!

BORED?! Have you...

Been
outside?

- ☐ Have a picnic
- ☐ Go on a nature walk
- ☐ Build a den
- ☐ Have a water fight
- ☐ Spot some wildlife and minibeasts

Offered
to help?

- ☐ Set the table
- ☐ Help with making a meal
- ☐ Tidy your room
- ☐ Help in the garden
- ☐ Sort some old clothes for donating

Read or written
something?

- ☐ Write a poem
- ☐ Read a magazine
- ☐ Start a diary
- ☐ Listen to an audiobook
- ☐ Read out loud to someone (or a pet!)

Exercised?

- ☐ Go to the park
- ☐ Build an obstacle course
- ☐ Try some yoga
- ☐ Go for a bike ride
- ☐ Try a new activity or sport

Done something
creative?

- ☐ Make some sock puppets
- ☐ Try flower pressing
- ☐ Do some painting
- ☐ Sketch your favourite woodland creature