

CURES FOR SUMMER BOREDOM

1

Take a nature walk.

2

Catch frogs, insects, tadpoles or crayfish; make them a habitat.

3

Run through the sprinkler.

4

Make a scavenger hunt for siblings or friends.

5

Learn a new skill like making grass blade whistles, bumping a soccer ball up with a knee, etc.

6

Play Marco Polo.

7

Offer to help an elderly neighbor with yard work or chores.

8

Make your own obstacle course.

9

Practice somersaults, cartwheels, hand stands, etc.

10

Draw with sidewalk chalk.

11

Make a bicycle car wash with the sprinkler and buckets of soapy water.

12

Build a fort out of old sheets, rope and clothespins.