The Winter Break Boredom Jar

40 screen-free ideas on cut-out cards. The next time someone says "I'm bored," they pull a card and do what it says. No arguing with the jar.

How to set it up

1. **Print pages 2 to 7**, on card stock if you have it. Plain paper works too.
2. **Cut out the cards** along the dashed lines. Kids aged 6 and up can do most of the cutting.
3. **Fold each card in half** and drop it in a big jar, a box or a clean sock.
4. **Stick the label** from page 7 on the jar, and add your own ideas on the blank cards.

The house rules

1. **One swap per pull.** Don't like your card? Put it back and pull once more. The second card stays.
2. **Done cards go in a "done" pile.** Empty the jar by the end of the break and pick a family treat.
3. **Some cards need a grown-up** (oven, outside after dark). Those say so on the card.

Four colors, four kinds of fun

MAKE
Crafts and things to build

MOVE
Get the wiggles out

THINK
Puzzles, codes and games

HELP
Jobs that feel grown-up

Little ones in the house?

Kids under 6 can't read the cards yet. Read the card out loud, then do it together. Many cards work for the whole family, so a big sibling can run the activity for a small one.

For home and classroom use. Please do not resell.

MAKE 01

Paper snowflakes

Fold a paper square three times, snip the edges, then open it up.

MAKE 02

Salt dough ornaments

1 cup flour, 1/2 cup salt, 1/2 cup water. Shape, bake with a grown-up, paint.

MAKE 03

A card for Grandma

Draw a winter picture and write one thing you love about her.

MAKE 04

A comic strip

Fold a page into 6 boxes and draw a story with a surprise ending.

MAKE 05

A blanket fort

Chairs, blankets, pillows and a flashlight. Give your fort a name.

MAKE 06

A paper chain

Cut paper strips, loop and tape them. Make it longer than you are.

MAKE 07

A sock puppet show

An odd sock and some markers. Put on a 3-minute show.

MAKE 08

A holiday menu

Plan dinner like a restaurant. Give every dish a fancy name.

MAKE 09

Pinecone bird feeder

Spread a pinecone with seed butter, roll it in birdseed, hang it outside.

MAKE 10

A gift tag set

Cut 10 small tags and decorate them for this year's presents.

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MOVE 11

Freeze dance

Music on. When it stops, freeze like a statue. Wobblers are out.

MOVE 12

Couch-cushion obstacle course

Crawl, hop and balance. Time each run and try to beat it.

MOVE 13

Build a snowman

Dress warm and head out. No snow? Build one from socks and paper.

MOVE 14

Balloon volleyball

Keep the balloon off the floor. Count your hits out loud.

MOVE 15

Hide-and-seek

One seeker counts to 30. Swap seekers after every round.

MOVE 16

Animal yoga

Hold each pose for 5 breaths: cat, frog, flamingo, then make one up.

MOVE 17

Masking tape hopscotch

Tape a grid on the floor, toss a rolled-up sock, start hopping.

MOVE 18

Sock skating

On a smooth floor with a grown-up's OK. Glide like an ice skater.

MOVE 19

Walk to see the lights

After dark with a grown-up. Count every reindeer you spot.

MOVE 20

Indoor scavenger hunt

Find something red, something soft, something round and something old.

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THINK 21

Crack a secret code

Free Christmas code puzzles to print: lydoscreative.com/christmas-codes

THINK 22

A logic puzzle

Who sits where at dinner? Write 3 clues and let your family solve it.

THINK 23

Christmas riddles

Make up 3 riddles and test them on everyone at dinner.

THINK 24

20 questions

Think of a thing. Everyone else asks yes-or-no questions to guess it.

THINK 25

Memory card game

Draw 10 pairs of matching cards, mix them face down, find the pairs.

THINK 26

Spot the difference

Draw the same picture twice with 5 changes. Swap with someone.

THINK 27

Solve a mini-mystery

A free 9-page detective case to print: lydoscreative.com/case-0

THINK 28

Word search

Hide 10 winter words in a grid of letters for someone else to find.

THINK 29

Build a marble run

Tubes, tape and books. Make the marble take the slowest route.

THINK 30

Draw a treasure map

Hide a small treat, draw the map, hand it to someone.

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HELP 31

Bake cookies

With a grown-up. You measure, you stir, you decorate.

HELP 32

Wrap presents

Practice on an empty box first. Neat corners, tape on the inside.

HELP 33

Sort toys to donate

Pick 5 toys that another kid would love more than you do.

HELP 34

Set the table

Fold the napkins, forks on the left, and a name card for every seat.

HELP 35

Write to Santa

Ask for one thing and thank him for one thing.

HELP 36

Feed the birds

Fill the feeder or scatter seeds, then watch who comes to eat.

HELP 37

Decorate the tree

Hang 10 ornaments and find the best spot for each one.

HELP 38

Match the socks

Empty the basket and pair every sock. Odd ones become puppets.

HELP 39

Make a thank-you card

Pick someone who helped you this year and tell them how.

HELP 40

Plan family game night

Choose 2 games, a snack and a start time. You're the host.

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MAKE — MY IDEA

MOVE — MY IDEA

THINK — MY IDEA

HELP — MY IDEA

MAKE — MY IDEA

MOVE — MY IDEA

THINK — MY IDEA

HELP — MY IDEA

Blank cards: write your family's own ideas, one in each color. Grandma's favorite game, a walk to the park, a pillow fight.

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WINTER BREAK

BOREDOM BUSTERS

Pull a card. Do the card.

Cut out the circle and tape it to the front of the jar.

Pulled "Build a snowman" and there's no snow?

Build Your Own Snowman is a printable color, cut and glue craft: one big paper snowman to dress as Santa, an elf, a skier or a character your kid invents. Ages 4-10. Find it in the LydosCreative shop on Etsy.

More free printables

Christmas secret code puzzles, a 9-page detective mini-mystery for ages 7-9 and a party prep checklist, all free at **lydoscreative.com/free**. Nothing to sign up for.

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