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Summer Boredom Busters

Have the dog-days of summer caught up to your kiddos? Struggling to find screen-free ways to entertain them when it may be too hot to go outside? Or maybe you're a babysitter in charge of littles looking to change up the 'go to the pool every day' routine? In the series 'Suddenly In Charge' from KSRE, there are several different activities for both kids and caregivers to try from crafting to imagination building.

- **Create a 'calm jar.'** Fill a jar three-fourths with water, add clear glue (or corn syrup), and any number of random items – sequins, glitter, butters, food coloring and more. Tighten or tape down the lid and shake the bottle. Watch the items shimmer. "That's your sense of calming as you maybe think about your next activity or before you get up and go play," Cope said.
- **Backyard camping.** Set up a tent, cook dinner, build a small campfire, plan smores, bring a flashlight, read a book. Cope says even if you don't end up sleeping outside, adults and children share a memorable experience being outside.
- **Masking tape freeways.** Use the tap to create lines all around the house, perhaps up and down furniture, across the floor, through the kitchen. Then use whatever toys you have on hand to ride the freeways, or play Follow the Leader.
- **Build an indoor fort.** "I love the magic that happens when you put together your traditional fort," Cope said. Some use furniture, chairs, part of a bed or table, then spread blankets over the top and lots of pillows inside. "You make it all cozy and comfy," Cope said. "The opportunities are endless."
- **Read a book.** Simple, right? But one of the most simple activities is also one of the most beneficial. "Reading with young children is one of the most foundational things you can do as a parent or caregiver," Cope said. "I think when you have those experiences – whether it's in a tent or under a tree or inside your pillow fort – you have created a magical moment and are really engaged with your child."
- **Prep and cook meals together.** Measuring ingredients helps to teach math skills as well as learning important life skills.

If you are interested in seeing the full series from 'Suddenly in Charge', contact your Twin Creeks KSRE Office and ask! Hopefully these boredom busters can put the fun back into summer!

Adapted from KSRE News Release July 1, 2024.