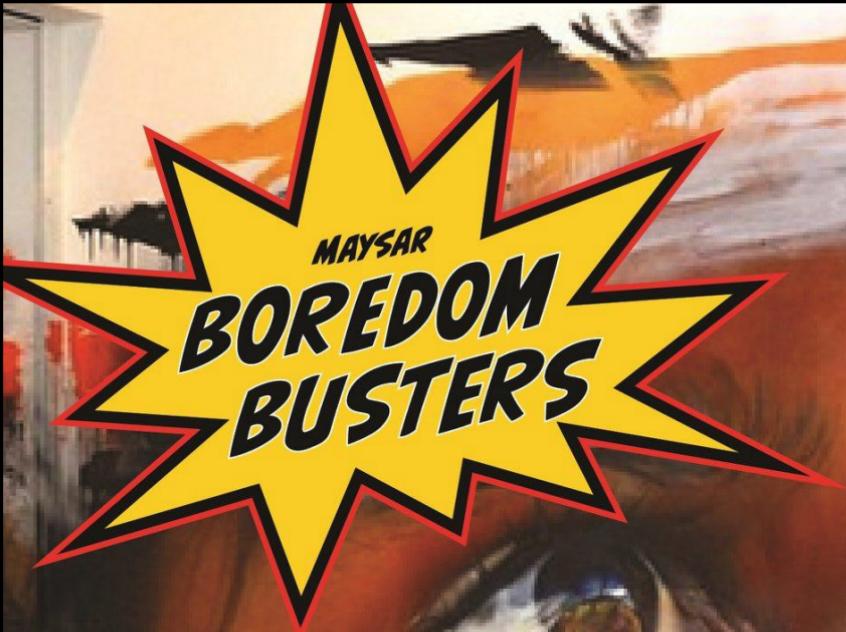
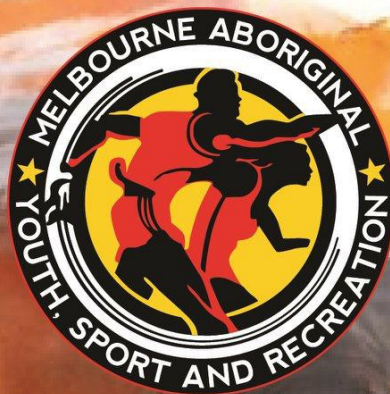


MAYSAR

BOREDOM BUSTERS



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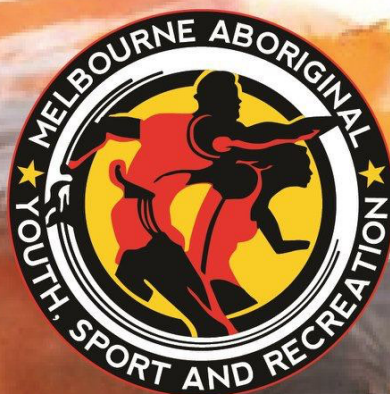


THINGS TO DO AT HOME - BY YOURSELF

- Practice what you have learnt at Circus Oz classes.
- Play knuckles.
- Grab some chalk and draw some designs on the drive way.
- Draw a hopscotch.
- Help Mum/Nan/Auntie with tea.
- Research an Elder or living legend, sports star or Ancestor and present this to your family over dinner.
- Vacuum.
- Do some gardening.
- Write a story book to read to your brothers, sisters or cousins.
- Learn some words in language – see the VACL Website for more details <https://www.vaclang.org.au>
- Learn about one of the other mobs and present this to the rest of your family.
- Learn some new tricks with the skipping rope.
- Netflix.
- Bake some damper.
- Make some homemade playdough or slime.
- Create a time capsule.
- Learn a new card game / card trick.
- Rearrange your bedroom.
- Go roller blading.
- Create a fairy garden.
- Facetime our family members / Elders who we can't visit.
- Learn some sign language.
- How high can you stack plastic cups / playing cards.
- DIY a toy car wash.
- Learn to do some origami.
- Sketch your family / pets and have an art show.
- Learn some new yoyo tricks.
- Learn to crochet.
- Write a joke book.
- ABC Hunt: Have your kids go around the house with a basket, collecting items that start with each letter of the alphabet (A for apple, B for Barbie, C for Crayola, etc).
- Flash Light Scavenger Hunt: If you have a room that can get sufficiently dark by turning off the lights and closing the blinds, send your kids on a Flash Light Scavenger Hunt where they have to find certain hidden items in the dark using a flashlight.
- DO a mission impossible maze.

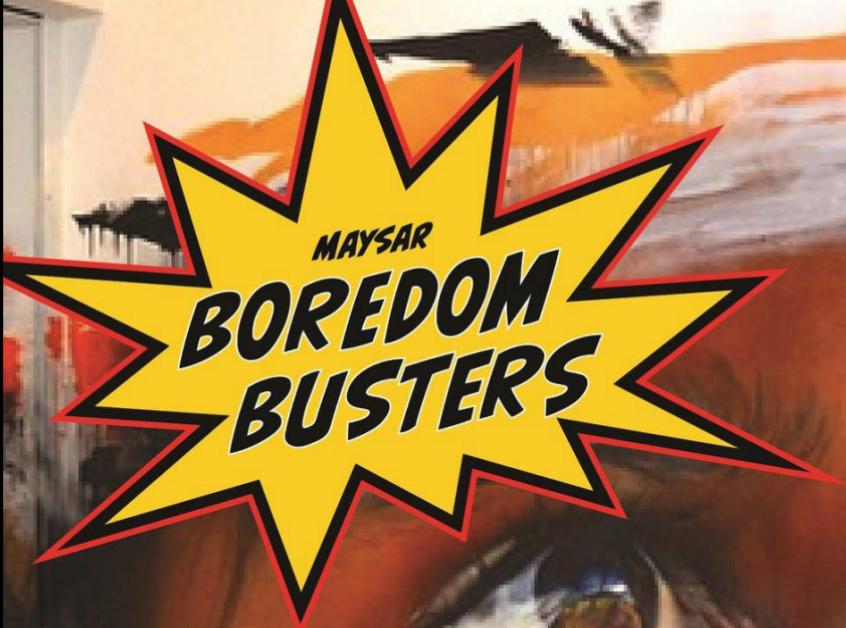
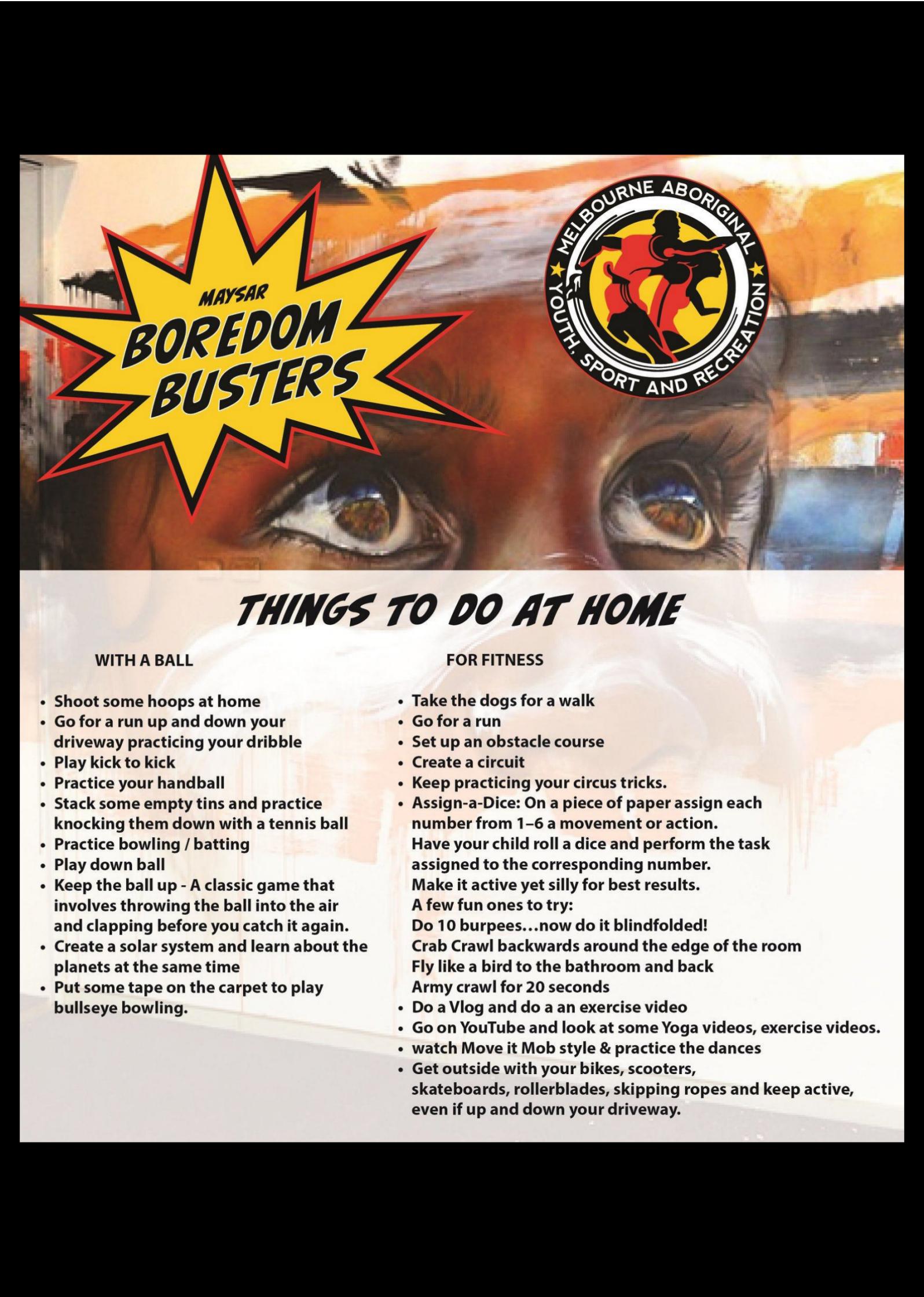


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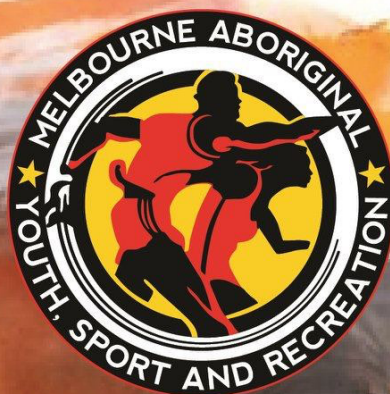


THINGS TO DO AT HOME - WITH A SIBLING/S

- Create obstacle courses for each other
- Create a map with hidden treasure
- Play hacky sack
- Make a mini golf course
- Make a Tik Tok
- Play some board games
- Build a fort
- Play balloon volleyball
- Do an egg and spoon race
- Play karaoke or what's the next line
- Make some paper aeroplanes and race
- Make some friendship bracelets
- Make a music video
- Play frisbee golf
- Have a fashion show
- Do a scavenger hunt
- Do a three legged race
- Go bug hunting in your backyard
- Study a spider web
- Build a birdhouse feeder
- Make candles
- Dress up for a costume party
- Do some artwork, draw and paint.
- Ping Pong Ball Catch: using plastic ups, catch and throw a ping pong ball to each other
- Do an obstacle course with a ping pong ball, by blowing a straw to move it through the course.
- Mirror, Mirror: Stand face to face with each other, about a foot apart, and have them attempt to copy all your movements.
- Hide & seek.
- Simon says.
- Play charades.
- Red-Light, Green-Light (Purple Light?!) Add in a few different coloured lights as the game goes on to keep it interesting:
 - Yellow Light: Slow crawl on the ground,
 - Green Light: Jump like a frog,
 - Blue Light: Try and touch the sky,
 - Purple Light: Do a silly dance
- Make up a trivia game.
- Make some banana ice-cream – Mash some bananas and freeze it.
- Learn some tongue twisters



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THINGS TO DO AT HOME

WITH A BALL

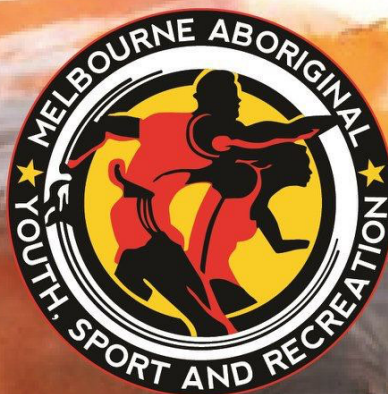
- Shoot some hoops at home
- Go for a run up and down your driveway practicing your dribble
- Play kick to kick
- Practice your handball
- Stack some empty tins and practice knocking them down with a tennis ball
- Practice bowling / batting
- Play down ball
- Keep the ball up - A classic game that involves throwing the ball into the air and clapping before you catch it again.
- Create a solar system and learn about the planets at the same time
- Put some tape on the carpet to play bullseye bowling.

FOR FITNESS

- Take the dogs for a walk
- Go for a run
- Set up an obstacle course
- Create a circuit
- Keep practicing your circus tricks.
- Assign-a-Dice: On a piece of paper assign each number from 1–6 a movement or action. Have your child roll a dice and perform the task assigned to the corresponding number. Make it active yet silly for best results.
A few fun ones to try:
Do 10 burpees...now do it blindfolded!
Crab Crawl backwards around the edge of the room
Fly like a bird to the bathroom and back
Army crawl for 20 seconds
- Do a Vlog and do a an exercise video
- Go on YouTube and look at some Yoga videos, exercise videos.
- watch Move it Mob style & practice the dances
- Get outside with your bikes, scooters, skateboards, rollerblades, skipping ropes and keep active, even if up and down your driveway.



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THINGS TO DO AT HOME - FOR THE ADULTS

- Take a break when you can and need, facetime or call a friend when you need to talk.
 - Call the parents line 1300 30 1300.
- Keep our social and emotional connections with your support network.
- We might be physical isolating, but our emotional and support connections are paramount to help each other through.
- Implement a scheduled time each day where everyone is having quiet time for everyone to regroup and have downtime.
 - If you do need to go out, remember a distance of 2 meters.
 - Reach out to the Orgs to see what support is out there.
- Most importantly, let's try to be kind and understanding with each other.

• MAYSAR is not currently supporting client contact,
however we are available via our FB site, our email colin.mitchell@whitelion.asn.au
or david.shannon@whitelion.asn.au and we will endeavour to connect you to extra support where needed.