



How **not** to be bored

During the holidays!

Your space. Your rules. Your rhythms.

Ever feel like your holiday engine has stalled out? One minute you have a mountain of exploring energy, and the next you are sitting there staring at the wall, thinking, “I have absolutely no idea what to do next.”

It is completely normal for your body and brain to take a minute to find their baseline rhythm when school routines disappear. But it can be frustrating when adults keep complaining or telling you to “just go find something to do on your own.” It isn’t always that easy to just switch on a new idea when you are feeling flat!

That is exactly why I created this document for you.

You don’t need anyone to direct you or micro-manage your time. You are the chief scientist of your own house. On the next few pages, you will find spaces categorised by different types of activities: from quiet card games to heavy-work movement challenges and satisfying household sorting projects.

How to use your board and NOT GET BORED:

- 1. Open up** this whenever you feel that holiday stall-out happening.
- 2. Ask** your parent or caretaker to **print it out**.
- 3. Write down in your own unique ideas** and profile discoveries as you uncover them around your house.
- 4. Hang it** somewhere you can always find. Come back whenever you need new ideas!

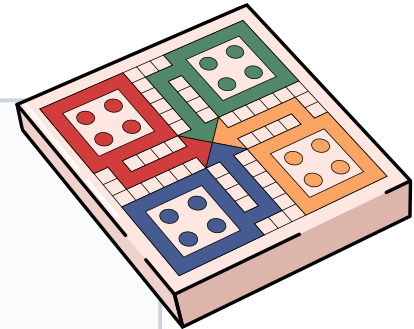
GAMES

How **not** to be bored

Games have clear rules, so your brain always knows what is coming next. When everything else feels a bit wobbly, that can feel really calming — and it is a fun way to spend time with someone too.

BOARD GAMES

Board games I love playing with someone:



Ideas to pick from:

☐ Connect 4 ☐ Snakes & Ladders ☐ Monopoly ☐ Pop-Up Pirate ☐ The Game of Life

CARD GAMES

Quick card games I enjoy:

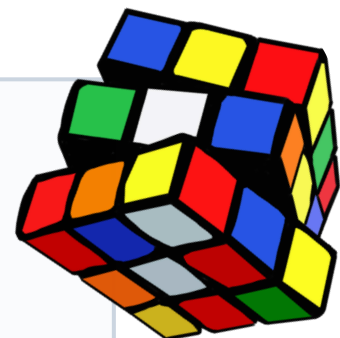


Ideas to pick from:

☐ UNO ☐ More or Less ☐ Skillmatics ☐ Snap ☐ Skip-Bo (if you come to my sessions, we probably play it!)

GAMES I PLAY ON MY OWN

Games I can play by myself:



Ideas to pick from:

☐ Rush Hour ☐ Marble Run ☐ Solo Matching Hunt (Memory Card Solitaire) ☐ Perplexus ball ☐ Rubik's Cube

CREATE

How **not** to be bored

Making things lets you show what is going on inside you, without needing any words. There is no wrong way to do it — you just start, and see what happens.

CRAFTS & PUZZLES

Art, projects or puzzles I want to try:

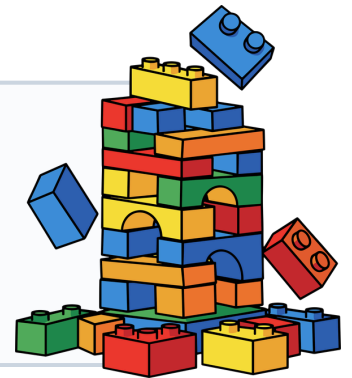


Ideas to pick from:

- ☐ Air-dry clay project
- ☐ Design a maze
- ☐ Nature Pattern Mandala
- ☐ Make Macramé Keyrings
- ☐ Make lava lamps with old bottles

LEGO & BUILDING

Things I want to build:



Ideas to pick from:

- ☐ Build a bridge
- ☐ Sort my blocks by colour
- ☐ Build a marble maze
- ☐ Build something with Lego and magnet tiles

COOKING & BAKING

Things I'd love to cook or bake:



Ideas to pick from:

- ☐ Puff pastry pizza
- ☐ Cookies
- ☐ Pancakes
- ☐ Favourite fruit smoothie
- ☐ Homemade breadcrumbs

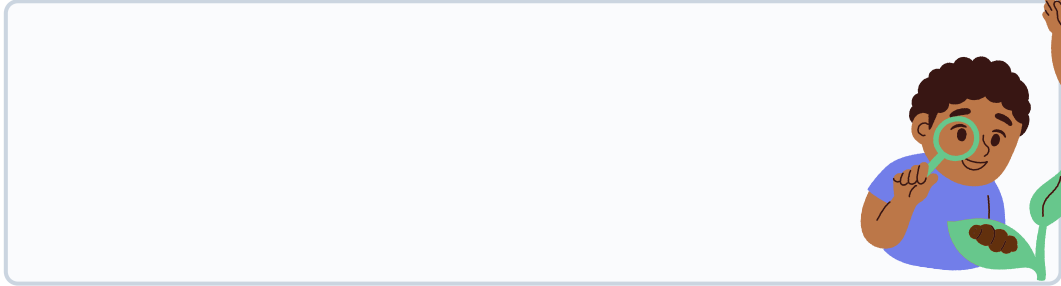
MOVE

How **not** to be bored

Sometimes your body just needs to MOVE. Running, climbing, carrying and balancing help shake out any wobbly or fizzy feelings, so you feel steadier again.

EXPLORE OUTDOORS

Places to explore and things to do outside:



Ideas to pick from:

- ☐ Make pictures with leaves
- ☐ Go on a nature safari hunt
- ☐ Build an animal shelter from sticks
- ☐ Climb trees
- ☐ Explore somewhere new on a walk

MOVING INDOORS

Ways I can move my body inside:



Ideas to pick from:

- ☐ Build a tent with bedsheets
- ☐ Balloon keepy-uppy
- ☐ Cushion stepping-stones (the floor is lava!)
- ☐ Animal-walk obstacle course
- ☐ Sock skating on smooth floors

REST & HELP

How ^{not} to be bored

Resting is just as important as moving. When your brain feels full or buzzy, slowing right down helps it settle — a bit like letting a shaken snow globe go still again.

QUIET TIME

Calm things I like to do:



Ideas to pick from:

- ☐ Read a book
- ☐ Watch a movie
- ☐ Listen to music or an audiobook
- ☐ Build a cosy den
- ☐ Rest with a favourite blanket

HELPING MY BODY SLOW DOWN

Ways I help my body and mind slow down:

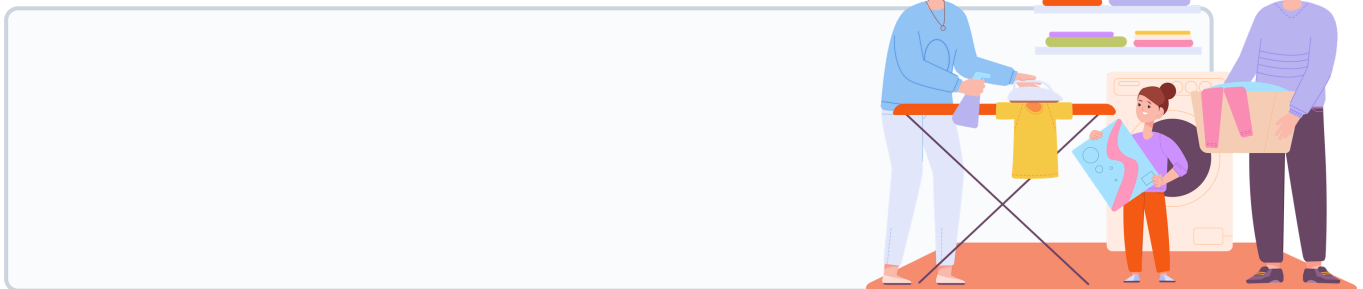


Ideas to pick from:

- ☐ Simple breathing (smell the flower, blow out the candle)
- ☐ Sit in my calm corner
- ☐ Gentle stretches
- ☐ Draw or doodle quietly
- ☐ Write a story or journal

HELPING MY FAMILY

Ways I can help my whole family:



Ideas to pick from:

- ☐ Sort out toys I don't use anymore
- ☐ Sort out clothes to give to charity or sell
- ☐ Hang up the washing
- ☐ Learn to fold clothes
- ☐ Plant something in a pot or the garden



Note for the grown ups!

This board belongs to your child. It is written in their voice, on purpose — the aim is for them to feel like the chief scientist of their own holidays, choosing their next step rather than waiting to be entertained.

Underneath the fun, each category supports a different regulation need. Here is the thinking behind it, plus a phrase you can borrow when a moment gets tricky.

Games

Why it helps: Clear rules and structure are predictable, which supports co-regulation and connection during unstructured holiday time.

If it wobbles: If a game gets overwhelming or competitive distress arises, prioritise connection over rules. Try saying: “I can see this feels really tricky right now — let’s hit pause and sort this out together.”

Create

Why it helps: Hands-on, open-ended making lets children express what is going on inside and explore their sensory strengths.

If it wobbles: Frustration can rise when things don’t look as planned. Try saying: “There is no wrong way to create art. Let’s see what happens next.”



Move

Why it helps: Movement acts directly on the nervous system, helping children process big sensory needs and shift energy out of a heightened state. Heavy-work input (carrying, climbing, pushing) is especially stabilising.

If it wobbles: When energy runs high or dysregulation begins, offer a movement next step: "Your body looks like it needs to move. Let's see how steady we can balance."

Rest & Help

Why it helps: Down-regulation matters as much as movement. Low-demand, quiet activities help a busy nervous system settle and recharge. Also, organising physical space can quiet a chaotic internal one, offering visual predictability and a sense of mastery.

If it wobbles: If your child seems flat, wired or overstimulated, offer a lower-energy option rather than pushing for more: "It looks like your body might need a slower moment. Let's find something calm together." Broad tasks feel overwhelming. Scaffold into small, visual steps: "I'm here to help. Let's just find all the blue shirts first, together."

For any further questions and more resources, visit:

www.thefeelingsteacher.org

