



50 BOREDOM BUSTERS

THAT WON'T BREAK THE BANK!

Spending time with the kids
without spending a fortune

Instructions for Dad:

1. CIRCLE the activity that your child/ren is keen to do with you.
2. TICK the ones you agree to do together. 3. Set aside the time. 4. Do it!

1. Dressing up will keep the kids happy for hours – but this time let them wear your stuff and have a parade!
2. Treasure hunts are easy– hide clues around the garden, with chocolate gold coins at treasure.
3. Tire them out before tea time with Red Rover and invite the neighbours.
4. Buy an inexpensive kit from a health food store and let them grow alfalfa and bean sprouts.
5. Jazz up old T-shirts with fabric paints or pens, available from department stores or craft shops.
6. Help them create a gift or card for their mum or teacher – use the computer.
7. Go nature spotting in the park. Help them try and identify birds and animals that live there.
8. Get them doing impressions! TV stars, pop stars... The others can guess who they are.
9. Make a bird-bath. Place a big plastic or terracotta tray on a stack of bricks in a quiet and safe spot.
10. Take them to your local library especially for activities like story-telling, kids' plays and films or puppet shows.
11. Kids love to make chocolate crackles. Combine two cups of Rice Bubbles, 1.5 tablespoons of cocoa, 1 cup icing sugar and 125g melted and cooled Cofpa. Spoon into paper cups and leave in fridge to set. Even Dad's can do that!
12. Kids love mini golf too! Use old cardboard boxes to make bridges, tunnels, bends etc.
13. Set up a mini-Olympics. The local kids can all join in at a nearby park.
14. Local papers carry information on council-run activities, including vacation care programs during the holidays.
15. Biscuit making– kids love to use fancy cookie cutters. From \$1.20 at department stores.
16. Get them to act out a story as you read. Try favourites like *Thomas the Tank Engine* or... ?
17. Make bright prints with spuds and poster or finger paints– from newsagents and department stores.
18. Go to the pool or beach – Find out about learn-to-swim classes or life-saving.
19. Decorate boiled eggs with paints, wool, coloured textas, cotton wool and beads.
20. Put on a hat fashion show. Coloured cardboard with crayon makes great hats, and hold a contest!
21. Have a WWF mock wrestling match and ham it up! This teaches boys self-control.
22. Get them to design wrapping paper for birthdays or special occasions. Try paint flicking, stencils or finger paints on white paper.
23. Make a TV set from a cardboard box. The kids can take turns to pop their heads through the hole and be on TV!
24. You can make robot suits from cardboard boxes too. Use milk bottle tops and string to decorate.
25. Organize a picnic, and let them help filling the sandwiches, choosing fruit and munchies.

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26. Look at photo albums together and reminisce – make up photo-placemats for each family member using A3 sheets and laminate them. This will help get them eating at the table & appreciating the memories you have created.
27. Make jigsaws by cutting up pop-star pictures. Stick onto card first, then cut into shapes.
28. Bakers clay is easy to make. Use 2 cups plain flour, 1 cup salt and 1 cup water. Knead for 10 minutes, then mould. Bake for an hour at 180°C. Paint and varnish once cool.
29. Surf the net together or play computer games together – even if that means going to the library and booking some time.
30. Pick up little shells with holes when at the beach or \$2 shop and make jewelry later.
31. Give them a diary to keep. They can illustrate it with cut-out pictures, drawings and photos.
32. Sew finger puppets and give them a show– then they can do one for you and their friends.
33. Go sight-seeing together – catch a free tour bus or tram.
34. Go to an art gallery, then they can paint their own masterpieces to decorate their bedrooms.
35. Check out websites by going to [www. google](http://www.google) and type in *Free Stuff for Kids* – you can download all kinds of great activity sheets to do together or apart.
36. Feed the ducks at the Botanic Gardens.
37. Paper-mache is always a hit! Mix torn-up newspaper with wallpaper glue.
38. Make a xylophone by filling jars with different levels of water. Then colour water with paints.
39. Give the cook a rest and help the kids make dinner or breakfast in bed.
40. Make chores fun – Have a race to see who can finish first. Try cleaning up or packing up together.
41. Invent indoor races when it's raining– try blowing a ping-pong ball along the floor.
42. Give them all a course of obstacles– a blanket to crawl under, a box to jump over.
43. Put little things on a tray. The kids get 20 seconds to look, then see how many they remember!
44. Buy or make a kite and go fly it together.
45. Water the garden. Use well-rinsed plastic bottles and turn it into a water fight.
46. Play whatever sport is on TV at a well-chosen minute– football, cricket, even motor racing! Make that go-kart!
47. Limbo dancing makes a fun contest. Tie string between two chairs or hold a broom between two people. Lower it as the music plays.
48. Create your own space station. Make paper-mache moon craters and toilet-roll tube rockets.
49. Teach some card tricks or play a board game.
50. Make a Game Wheel with 25 spaces corresponding to 25 of the best boredom busters– whatever it lands on – do it! Or make up a card box & roll the dice.



ROB KOCH
Founding Director

m: 0432 439 943

e: rob.koch@bettermen.com.au

w: www.bettermen.com.au

Registered in Victoria: B2136817T
ABN: 58 631 915 381

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