



# 4 Steps to Solving Kids' Boredom

or how to avoid having your kids watch more TV

## Step 1: Take an Inventory

What do you already have in your house? Check your cabinets, basement, and kids' rooms for old toys, games, puzzles, and crafts.

## Step 2: Build Your List

Write down what you found. Go looking for more inspiring and interesting activities that are easy to setup, like these on Pinterest. Don't forget to include age-appropriate chores.

## Step 3: Get Organized

Gather your supplies and make sure that you have everything needed for each activity. Run to the dollar store for random items. Cut up your list and stick it in a bag for the kids to pick from

## Step 4: Don't Wait for the Boredom

When in doubt, plan ahead. Develop a schedule for the day you are stuck in the house. Keep everyone moving, but leave some time for free play.