

BOREDOM BUSTERS



BORED? LET'S EXPLORE!

What do you do when you're restless and bored? That's your first clue that it's time to explore! Think up new games, because your mind is so keen, Your good ideas are more fun than those screens.

LOOK + FIND

Can you find these three things? Blanket, scooter, pirate hat



WHAT'S YOUR GO-TO WAY TO GROOVE?



JUMPING JACKS



POSE LIKE A WARRIOR



PLAY HOPSCOTCH



TWIST AND SPIN



STRETCH LIKE A DOG OR CAT

INDOOR LASER CHALLENGE

All you need is a roll of crepe paper (or yarn) and tape. Then design different levels of difficulty. Move your way through each level without touching the laser.



CREPE PAPER

+



TAPE

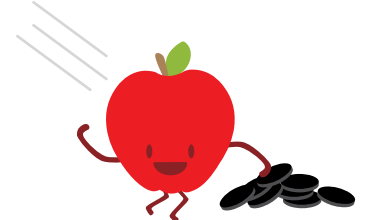
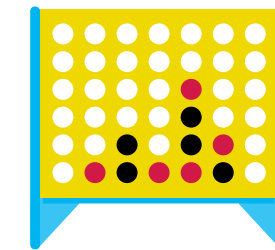
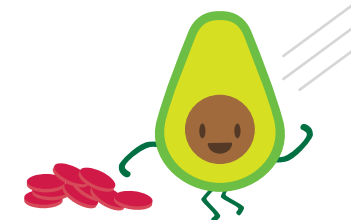
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LASER CHALLENGE

TRANSFORM A BOARD GAME (LIKE CONNECT 4®) INTO AN ACTIVE GAME

Place each set of the colored game pieces a distance away from the game board. Each player races back and forth grabbing only one piece at a time. First player to get four of their colored game pieces in a row wins!



LOOKING FOR A FUN WAY TO EXPLORE THE OUTDOORS?



Grab the PowerUp Parks Passport and head out for a fun nature adventure. You can print your passport at healthpartners.com/powerupfamily.

