

ANTI-BOREDOM BAG

Anti-Boredom Bags give kids a chance to use their time outside of school to keep learning and growing. You can make sure that a child in your community has the opportunity to read, create, and just have fun by donating Anti-Boredom bags.

SUPPLIES NEEDED:

- Tote bag (*for supplies!*)
- Sudoku or word puzzle
- Pencil and eraser
- Colored pencils & sketch book
- Activity book
- Simple sports equipment
- Board game
- Deck of cards
- Puzzle
- Chapter book

INSTRUCTIONS:

1. Choose the age(s) of children you would like to create the bags for.
2. Collect or purchase new items for the tote bag. “Supplies Needed” are just ideas- be creative!
3. Bring completed kits to the United Way to be distributed to agencies and clients who need them.

REFLECTION

On average, children spend 80% of their waking hours outside of school. Some kids don't have the opportunity to play sports, belong to clubs or go to summer camps or out of school care.

1. Do you remember a time when you felt trapped with nothing to do?
2. What kinds of feelings do you have when you are bored?
Are they positive or negative feelings?