

Youth Activities - Grades 4-6

There are many activities that you can do to keep your mind and body occupied during times of “boredom”. Remember, you don’t always have to be busy, it is also helpful for your mind if you slow down and take time to relax. As you practice taking care of your mind, you will learn to know what your body needs and when! Below you’ll find a list of 10 activities to either try out now or save for later. Start by choosing one of the activities below to get your mind thinking about other ways to fight off boredom, then watch how time flies!

Give these activities a whirl:

1. Get outside and get active.

- a. Not only is the fresh air and exercise good for your physical health, it’s also amazingly great for your mental health! Find a new hike to do with your friends and/or family and try to tackle one new hike each month; this can be an incredible challenge to achieve together!

2. Do a little self-care.

- a. Taking the time to treat and pamper yourself a little when you’re bored can not only fill up some time, but can also make you feel oh-so-much better and improve your mental health. Have a long bath, meet up with or phone a friend, drink some tea while reading a book - do whatever relaxes you and makes you happy and give yourself a little me-time.

3. Get your bake on!

- a. Do a little research on the internet and find a few healthy muffin or cookie recipes, then make a shopping list and help your family select the ingredients. Once you have everything in place - get baking with the help of a parent or guardian. Even better? Make a double batch to practice your math and save some goodies for a rainy day!

4. Write your own comic book or story.

- a. Create a story to share with your friends and family. Think about a character you’d like to create and write about all the adventures they experience.
- b. Take time to illustrate your story, or if you have a friend or family member you’re close with, work together on the story and the illustrations as a team!

5. Organize a neighbourhood game of your favorite sport.

- a. Call on your friends in the neighbourhood and organize an impromptu game of road hockey, soccer, baseball or whatever sport you and your friends like to play. Getting active has both physical and mental benefits AND seeing your friends will help combat any boredom.

6. Chores!

- a. We know, we know...chores are the worst. LOL. But, we bet there are a few chores you could do around the house or in your neighbourhood that could earn you a few dollars. Ask your parent(s) or guardian if there are extra chores you could do around the house. Or, if you're old enough - consider offering to mow your neighbours lawn - this could be done out of the goodness of your heart, too. Not only will you be helping your family or neighbours out, but time will fly by because you'll be busy being productive.

7. Make a Gratitude List

- a. Write down 100 things that you're grateful for on one piece of paper. Try to fit them ALL on one sheet, then decorate your gratitude list with drawing, stickers and glitter.
- b. Frame your Gratitude List and read your list on days when you're feeling a little sad or mad.

8. Plan an event with your family.

- a. Sometimes having something to look forward to helps keep boredom at bay. Plan a bowling night out or a special hike and picnic with your family for a day within the week. Take charge of all preparations for your event and organize your family's outing for a few fun-filled hours with your favourite people.

9. Clean & organize your room/clothes.

- a. Have you looked at your room lately? Is it messy or cluttered? Sometimes when you're bored one of the best things to do is declutter and organize your room. Go through your clothes and make a pile of clothes that don't fit any longer or that you don't wear. Then, re-organize your closet, dresser and entire room.

- b. Having a tidy, organized space can do wonders for your mental health - we're not kidding - it's a great feeling once it's finished!

10. Check out our Activity Generator!

- a. If none of the above suggestions are lighting you up, try clicking on our Activity Generator in the Activities Section and grab some ideas from it - they are already created for you. Don't like the suggestion? Just click it again and a new suggestion will pop up for you. Have fun!

We hope that you find some of these activity suggestions helpful, and please feel free to cruise around the *Stigma-Free Society Youth Wellness Toolkit* site as you will find a lot of stories, videos, animations and much more about how you can take care of you.

Thanks for reading and keep well!

Activity Links & Apps

Drawing:

[Art for Kids Hub](#)

Painting:

[Yay Maker](#)

[Zealous Art](#)

Crafts:

[Free Kids Crafts](#)

Yoga:

[Super Stretch Yoga App](#)

Workout:

[Hy-Vee Kids Fit](#)

[Obe Fitness for Kids](#)

[City Shred](#)

Meditation:

[Mindful Powers for Kids](#)

[Smiling Mind App](#)

[Calm App](#)

Journaling:

[Three Good Things – A Happiness Journal](#)

eLearning:

[ABC YA](#)

[Open School BC](#)

[IXL](#)