"i need an activity" jar

This is a fun way to "grab" activity ideas when you can’t figure what you want to do with the free time you have! You can make this by yourself or as a fun activity jar for your family to enjoy as well!

Materials:
- Plastic or glass jar, cup, a bowl or a Ziploc bag (any size or shape),
- Paper (white or construction) or popsicle sticks
- Scissors
- Pencils, pen or markers
- Decorating supplies (washi tape, glitter, stickers, etc.)

*If you cannot find similar supplies, you can use a journal to write down ideas to choose from!

1. Get creative!! Create a list of different activities you would enjoy doing. Some ideas are listed below.
   - Read a book
   - Play a game
   - Do a craft
   - Watch a movie (have different genres)
   - Tell jokes
   - FaceTime a friend/family member
   - Do some yoga
   - Make homemade cards for family members/friends
   - Write/create a song
2 Cut strips of paper, and write an activity on each strip. Fold up, and place in the jar! If you don’t have paper, you can use popsicle sticks.

3 Next create a small label for the front of the jar, with what you want your jar to be called. (Example: I Need an Activity, Boredom Breaker, etc.)

4 Anytime when you feel like you want something to do, open the jar and pull out a fun activity!