



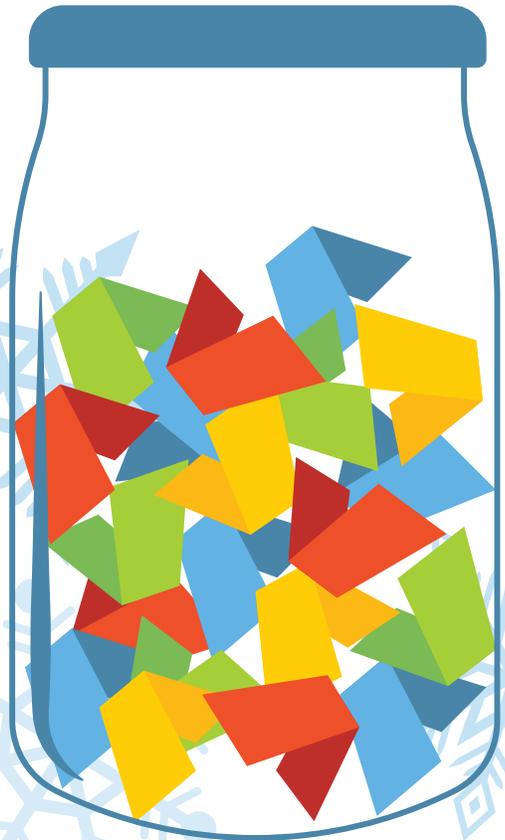
“i need an activity” Jar

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

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Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag [#VJatHome](#)

- 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!**

