

Cut these out and put them in a jar or cup. The children can then pick one when they are feeling like they have nothing to do!

Make a cup of tea	Dust the surfaces	Wash the dishes
Write a letter to someone	Clean door handles	Make you own bed
Clean the bathroom	Tidy bedroom	Make a sandwich
Read a book	Phone a family member	Play a ball game
Floor is lava	Bake a cake	Play dress-up
Do the laundry	Play Lego	Take care of plants/pet
Build a fort	Try yoga	Listen to music