

Boredom Busters



You just got to the park and you need some ideas to get your kids excited and engaged. Try out these boredom busters to keep the fun going all day long. You can also try these during a long car ride.

9 games for hiking

1. One Word Stories

One person begins a story by saying one word, and then the story is passed on to the next person, and the next, and so on, with each person building to the plot of the story. Since each person can only say one word at a time, the story becomes really silly and fun, and this game allows your kid's imagination to run wild.

2. The Ants Go Marching

This is a classic song that is easily adapted to hiking. Everyone sings the beginning of the song "the ants go marching..." and then each person gives one thing that the little ant does. After everyone gives one, you move on to the next verse. This activity helps kids with their vocabulary and rhyming skills, as well as giving them something to think about while walking.

Example:

All: "The ants go marching one by one, hurrah, hurrah. The ants go marching one by one, the little one stops to..."

Person 1: Eat a plumb

Person 2: Have some fun

Person 3: Eat a ton

3. ABC Game

Start at the beginning of the alphabet and find something on the trail that begins with the letter "A." Work your way through the rest of the alphabet.

4. Twenty Questions

One person thinks of a noun (person, place, or thing). All the other hikers ask yes or no questions to try to guess the noun.

5. "I'm going on a hike and I'm bringing..."

One person starts and says what they are bringing on a hike, beginning with the letter "A." The next person says what the first person is bringing, and something else beginning with the letter "B." You work through the rest of the alphabet this way. This game helps kids with their memory, gives them a fun way to think about hiking and builds vocabulary.

Example:

Person 1: "I'm going on a hike and I'm bringing **apples**"

Person 2: "I'm going on a hike and I'm bringing **apples** and a **backpack**"

Person 3: "I'm going on a hike and I'm bringing **apples**, a **backpack**, and a **canteen**"

6. Categories

Choose one category, such as types of fruit, animals, books, etc. One by one everyone identifies something in the category until no one can think of any more. Then pick another category and play again.

7. Riddles

Write down your favorite age appropriate riddles and pull them out when your kids start to get tired and grumpy. Riddles will challenge their minds.

8. Sing Songs

This one is very simple. Before hiking come up with a list of songs that everyone in the family knows and enjoys. When your kids start to get tired, start singing songs to bring back the mood.

9. Exploring Breaks

When people are tired, stop walking and explore your area. Turn over logs and rocks and record what you see.

