

BANISH BORÉDOM!

GAMES AND ACTIVITIES
TO KEEP YOUR KIDS ENTERTAINED,
AND KEEP YOU SANE!

Tommy
Donbavañd

www.wobblebottom.com

I'm Bored!

How often have you heard that cry on a long rainy afternoon, or from the back seat of the car while journeying to some distant day out? Well, now those moans of boredom can be transformed into cheers of excitement with the games, activities and projects contained in this free e-book!

Wait a minute, free?

Yep, these sanity saving tips are yours with my compliments to help you entertain your kids, and stop you from tearing your hair out. If you don't have kids, why not send it on to friends or family who do?

So, you don't mind me passing these games on?

Not at all – in fact, I actively encourage you to send out as many unaltered copies of this e-book as you like. Everyone knows someone with kids, and I'm on a mission to stop them from being bored!

Hang on, what do you get out of this?

Glad you asked! All of the games and activities that follow are taken from my books – [Quick Fixes For Bored Kids](#), [More Quick Fixes For Bored Kids](#), [Boredom Busters](#) and [Quick Fixes For Kids' Parties](#). If your kids enjoy the activities here, there are many more great ideas in the books!

I've got a copy of the e-book, do I have to buy your other books now?

Not at all. Just enjoy the free activities!

Where do I get more info on your books?

You'll find details at the end of this e-book, or check out my web site for information and even more free activities at www.wobblebottom.com

And if I do decide to buy them?

Simply click on the links after each activity, and the nice folks at Amazon will deliver them right to your door.

Now, start banishing boredom!

Rainy Days

There's nothing like a rainy day to bring on a bout of boredom! Suddenly your kids claim there's nothing on TV, they've read all their books, and they've even gone so far as to finish their homework! It's enough to drive you mad, and it probably will.

Here are a couple of ideas from [Quick Fixes For Bored Kids](#) to help beat those rainy day blues:



The Haunted Dungeon!

You've always suspected your kids were little horrors, and now they can prove you right by transforming a bedroom into a haunted hideaway!

BORIS THE SPIDER

Start by creating a huge spider's web for the wall or ceiling.

Design the web on a sheet of paper, then mark the edges out with pins or small nails (always check with an adult first!) Weave some black wool between these pins to create the outline of the web, then follow your paper design to fill in the rest of the web.

You can make a spider by screwing up some sheets of newspaper and painting it black. Cover eight piece of thin wire with wool to make the legs, and push them into the body. Finish with some evil paper eyes, and tie your creature securely into his new home!

MOANS AND GROANS

Record a tape a scary sounds to play in the background of your dungeon. You can have great fun screaming into the microphone, jangling keys to sound like chains, and recording water dripping slowly into a metal dish!

PLUS...

Dangle lengths of cotton from the door frame to feel like cobwebs in your face as you enter the dungeon, and you could even paint your face as a vampire or werewolf! There's a great home-made face paint recipe at www.wobblebottom.com/boredkids/index2.html

Scavenger Hunt

A fast and furious activity where your kids have 30 minutes to find as many items as they can from the list below. Each item is worth a specific number of points – the player with the highest score is the winner. Don't forget it all has to be put back at the end!

Print off a copy of this list for each player:

ITEM	POINTS
A pair of glasses	4
A sock	1
A picture of a fish	3
A signature	1
A toothbrush	1
A foreign word	3
Something silver	2
A stamp	1
Something that floats	1
Salt	1
A triangle	4
A flower	4
A photo of a film star	5
Five CDs	5
Something you use in the kitchen	3
A teddy bear	4
Something you only wear outside	3
Something blue and yellow	5
A mouse	4
Something that rhymes with 'flat'	5
Something that makes a musical note	6
A pencil	1
A picture of something scary	6
A cartoon character	4
A poem	5
A greetings card	4
A shoe	2
A map	4
A stone	1
Sand	2
Something smaller than your finger	1
An e-mail address	2
Something that changes colour	4
A smile	2
A banana	1

[Click here to buy Quick Fixes For Bored Kids!](#)

Young Techies

Gone are the days when kids interested in technology were seen as geeks! Nowadays beating the latest computer games, accessing the best web sites, and having the coolest ring tone on your 'phone demands a certain respect!

These techno time-fillers from [More Quick Fixes For Bored Kids](#) will help your kids defeat dullness:



Chatterbox

If your kids have access to the Internet, they also have access to the exciting world of on-line chat. They can make friends in other countries, learn about new cultures and find kids with similar interests to their own.

Be sure to stress a few simple rules for chatting on-line:

- Never give out personal details, such as your address or 'phone number.
- If anyone asks for this info, disconnect and tell an adult immediately.
- Read the rules and frequently asked questions (FAQ) of the chat room.
- Have fun!

A couple of great kids' chat rooms are:

On AOL, keyword CHIT CHAT

The kids only chat room at www.wobblebottom.com

Don't forget to try out some useful symbols called 'smilies':

: -)	Smile / Happy
: -(Sad / Unhappy
;-)	Wink
:-D	Laughing
: '(Crying
:-&	Tongue Tied
=-O	Starship Enterprise!

After The Beep...

There's nothing more frustrating than having to listen to a long, dull answerphone message before you can leave your name and number.

Here's a chance for your kids to create a message for your answerphone that will have callers ringing back – just to hear it again!

Note: You'll need the type of answerphone that allows you to record your own message to enjoy this activity!

First of all, decide on the theme of the message. It could have a nature theme, with the sound of birds, singing their dawn chorus – or maybe a superhero angle, as callers are treated to a message direct from the Batcave!

Now, write the script. It needs to be short, and must let callers know that they can leave a message, and someone will ring them back. If you decided upon the Batman theme, you could use something like this:

“To the Batphone, let's go! Neither Batman nor Robin are in the Batcave right now, we've taken the Batmobile for a service. Please leave a message after the Batbeep, and someone from Gotham City will call you right back!”

Once you have your script, you can find some music to accompany it. If you have the theme from either the Batman films or TV series, then use that – if not, any exciting music will do.

Play the music on a CD player, and rehearse reading your script over the top of it. When you're ready, record the music and speech onto a cassette deck.

When you have a final message you're happy with, press the button to record the outgoing greeting on your answerphone, hold the cassette deck near the mic, and play your tape.

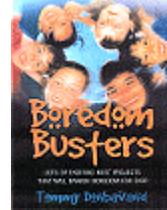
Your callers will never be bored again!

[Click here to buy More Quick Fixes For Bored Kids!](#)

When Quick Fixes Aren't Enough...

Sometimes your kids need more than quick fix activities to banish boredom.

[Boredom Busters](#) (published June 2002), contains 36 projects designed to take anything from a rainy afternoon to an entire weekend to complete. Here's one of them:



Let's Do The Show Right Here!

Tread the boards as you write, direct and star in your own 15 minute play!

SOMETHING TO SAY, AND SOMEONE TO SAY IT!

People who appear in a play are called the CAST – you can ask your friends to be part of yours. Some of them might not want to appear on stage, but they can still be involved by making costumes and scenery (working back stage), or handing out tickets and programmes (front of house).

As well as a cast, a play also needs a SCRIPT – the more exciting the better! You could write about deep sea divers, searching for treasure, or space adventurers, landing on a strange world. Whatever you choose, write down the story so that you don't forget it.

Create characters for the story. You'll need a hero (the good guy - or girl), a baddie, and a part for every other actor in your cast. If there are only a few of you, you could double up and play a few roles each.

Now, write your script, setting it out like this:

SCENE 1 – SPACE SHIP

CAPTAIN: Snotty, take us in to land.

SNOTTY: Aye Aye, Captain.

Suddenly, the doors open, and an alien enters.

ALIEN: You can't park here! That's my carrot patch!

Write about 15 pages, and add some jokes to get the audience laughing. Make a copy of the script for everyone in the cast tell them which part (or parts) they'll be playing. Now they can start learning their lines!

SETTING THE SCENE

SCENERY is the background in front of which you perform your play. It shows the audience where the action takes place. On a sheet of paper, design the picture you want to use, and colour it in.

To make the scenery, lay out 30 sheets of paper – six across and five down – and tape them together. Copy your design onto the back of the paper so that it fills the whole sheet, and paint it. When it's dry, you can fold it up until it's time for the play.

Any items that you use in the play, like binoculars or moon rocks, are called PROPS. You can make props from just about anything. Glue two cardboard tubes together and paint them black for binoculars. Moon rocks can be made by screwing up sheets of newspaper, and covering them with tin foil.

Make any props that you will need for your production, and then store them away. It might be a good idea to make some extra props in case they break or get lost.

I HAVEN'T GOT A THING TO WEAR!

COSTUMES are not only useful so that everyone has something to wear – they also show the audience who a character is, even before they speak. You can make costumes by using your own clothes, and adding a few extras.

You could create a space suit by wearing a white shirt and trousers, and painting a cereal box white to hang on your back with lengths of string as an oxygen pack. To look like a deep sea diver, wear a black jumper and trousers, and paint two large lemonade bottles to look like oxygen tanks. You could use a big pair of sunglasses as goggles, too!

Get each person in your cast to make their own costumes and show you how they look. Each costume should be different so that the audience don't get confused and mix the characters up – unless you want them to!

HAVE A GO!

Time for a REHEARSAL, where the cast get together to practice the play.

Run through the script a couple of times, so that you can decide where everyone stands to say their lines, and comes on and off the stage. You can also tell the other actors how you want them to perform. This is called **DIRECTING**. Remember to be nice - countless plays have been ruined by arguments between actors and directors!

Things will go wrong during the run through, but don't worry - that's exactly what rehearsals are for! The more you practice, the better you'll get.

Anyone not on stage can make **TICKETS** to hand out. Cut sheets of paper into squares and, on each piece, write the name of the play, and the date and time it will be performed.

ONCE MORE WITH FEELING

Another rehearsal, this time wearing your costumes, and with the scenery pinned up on the wall behind you. This is called a **DRESS REHEARSAL**.

This time, rehearse without using your scripts, and see if you can remember your lines. If someone forgets their words – keep going! You'll need to do that when you perform for the audience.

Your front of house friends can now make **PROGRAMMES** to tell people about the play. On a sheet of paper, write the name of the play, and a list of everyone who's in it. Copy enough to hand out to the audience.

ON WITH THE SHOW!

The **BIG DAY!** Pin your scenery onto the wall, and arrange chairs in front of it (or your audience could sit on the floor.) The Front of House staff can collect tickets, and hand out programmes.

When the play starts, keep going even if things don't go right – just like you did in the dress rehearsal. It might feel scary with the audience laughing and clapping, but it means they're having fun!

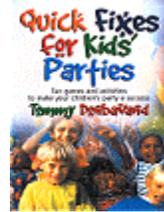
At the end of the play, take a bow – and you might even have to sign a few autographs!

[Click here to buy Boredom Busters!](#)

The Dreaded Party!

There's something very satisfying about dropping your kids off to a party, smug in the knowledge that it isn't your turn to control the chaos – yet!

Organizing a children's party needn't be cause for panic. My latest book, [Quick Fixes For Kids' Parties](#) (*published July 2002*), provides 25 great themes to help you run a party your kids will enjoy almost as much as you! Try this one:



Highland Games Party

Take the High Road and delight your guests with these kilted capers!

INVITATIONS

The only way to invite guests to Highland hilarity is with a sporran!

Cut two identical arch shaped pieces of card for each invite, and join them together with a 'hinge' of strong sticky tape at the top. Cover the front piece of card with some fur fabric, or crumpled brown tissue paper, and add a crest made from tin foil to complete the look.

Open the sporran up, and write your invite inside. Make sure to tell your guests to bring this sporran invite with them to the party.

DECORATION

To transform your living room into the setting for the games, create four clan banners to display on the walls.

To make these, take four large sheets of paper (or simply tape several smaller sheets together), and cover them with red, green, blue and yellow crepe paper respectively. Use coloured marker pens to draw a check pattern onto the crepe paper, making each look like a different tartan.

Now, draw a large clan crest on another sheet of paper, colour it in, and cut it out. Stick this crest over the tartan to complete the banner. A handy web site showing the various clans' tartans and crests can be found at

www.scotclans.com

You could also make fake bagpipes in clan colours to place around the room. Half fill a plastic carrier bag with balls of crumpled up newspaper, fold the bag over, and tape it up until it resembles a kidney shape. Cover the bag with crepe paper, and draw the tartan pattern on with marker pens.

Roll up pieces of thin card to make the pipes, and stick five of these to the top of the bag, tying them loosely together with string. A final, shorter pipe should dangle from the side of the bag.

Play a CD of Scottish music in the background to drown out the sound of anyone trying to play your fake bagpipes!

COSTUMES

In your invites, ask everyone to attend the party in long socks, t-shirts and shorts. There's only one thing missing – the kilt!

Here you have a ready made activity to get the party going with a swing. Provide each guest with a roll of crepe paper in one of the clan colours and some marker pens. Get them to copy one of the tartan patterns from the banners on the wall onto their length of paper.

When they are finished, wrap the crepe paper around their waists, fold the ends over, and pin the home-made kilts in place. Try to split the guests fairly evenly among the four clans.

Your guests should have brought their sporran invitations with them (have a few spare, just in case). Tie them loosely around your guests' hips with string, so that they dangle in front of the kilt to complete the costume!

GAMES

At the start of your Highland Games event, introduce the four competing clans, and explain that they will be playing for points that will be added to their team's total. The winning clan at the end of the games will receive certificates of achievement. Let the games begin!

TOSSING THE CABER. No Highland event would be complete without this favourite from 'The Heavies' – but before you start to worry about tree trunks being thrown around indoors, here's a slightly safer version! To prepare it, you'll need an empty Smarties tube, and eight plastic cups.

Fill the Smarties tube with sand to give it some weight, and securely tape or glue the top in place. Now paint the tube brown, and give it a few markings to make it look like wood.

The plastic cups will be the targets. Paint each cup a different colour, and drop a few stones in the bottom to help keep them upright. Using a marker pen, write a score on the front of each cup – from 4 to 10 points. Place the cups at various points at one end of the room.

To play the game, each contestant in turn stands behind a mark a few metres away from the targets, and balances the ‘caber’ on the palm of their hand. On your command, they must launch the caber into the air, and try to land it in one of the target cups (remember to remove any breakables first!). At least part of the caber must remain in the cup to win the points.

Each player has three tosses of the caber, then any points they have scored are added to their clan’s total.

WEIGHT A MINUTE. Another game to test the strength of your Scottish superstars! In advance, blow up at least 40 balloons, and cover the knot of each with a piece of tape. Use a marker pen to number each balloon with one of three weights – 10kg, 50kg and 100kg. You can keep these balloons in plastic bin liners in another room until it’s time to play.

At the start of the game, position each clan beneath its banner, and give each player within the team a number (so that you’ll have 4 number ones, four number twos, etc.) Empty the balloons in the middle of the room, and you’re ready to play.

Shout out a number that corresponds with a player from each clan. The four players with that number must grab as many balloons as they can, and hold them in their arms (the knots are covered to stop any cheating!)

When one minute is up, the four players must stop collecting. Add together the weights on each player’s balloons, and the contestant with the highest total (the strongest contestant) wins 10 points for their clan.

Replace the balloons, stand back – and shout out another number! Keep going until each player has had a go.

STUFF THE HAGGIS! Spread plenty of newspaper and plastic bin liners around – this is going to get messy! Fill a few large buckets or washing up

bowls with a mixture of porridge oats, flour and water. Give each player a clear plastic sandwich bag, and a bag tie.

When the game starts, each player must use their hands to grab as much of the goo as they can, and fill their bag. They have one minute to stuff their haggis, and secure the top with the tie.

At the end of the game, weigh each haggis in turn, and award 10, 8 and 6 points to the three heaviest. Best of all – now your guests don't have any excuse not to wash their hands before they eat!

FOOD

Be sure to provide plenty of fresh fruit and vegetables so the competitors can keep their strength up for the games – and here are a couple of other traditional delicacies your guests might enjoy.

NEEPS & TATTIES. This delicious mix of turnips and potatoes is easy to make. Boil 2kg of potatoes and 1kg of cubed turnips in lightly salted water until tender. When ready, drain, add a few tablespoons of milk and a knob of butter to the vegetables, and mash together.

LORNE SAUSAGE is more difficult to make (if you want to try, there is a great recipe at www.rampantscotland.com/recipes/blrecipe_sliced.htm), so check with your local butcher, or larger supermarket.

PARTY BAGS

At the end of the afternoon, have a closing ceremony where each clan member receives a certificate saying they excelled at the Highland Games or, in the case of the winning clan, that they are the champions. You can design these on a computer, and print them off in advance of the party, leaving just the guests' names to fill in.

You could also provide a party bag containing a slice of birthday cake, a few balloons in clan colours and even a piece of white heather for good luck if you can get it from your local florists. Bundle them up in a square of crepe paper, and tying the corners together with a piece of ribbon.

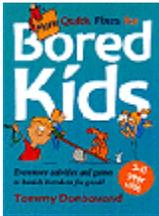
[Click here to buy Quick Fixes For Kids' Parties!](#)

The Books



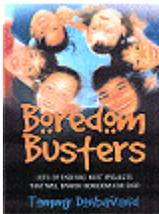
[Quick Fixes For Bored Kids](#)

Whether you need to amuse a single child, or a whole party of school friends, Quick Fixes For Bored Kids contains over 60 fast and fun fixes that keep your kids entertained, and you sane. Maximum entertainment, minimum effort!



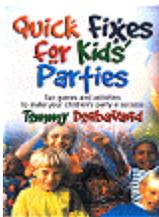
[More Quick Fixes For Bored Kids](#)

Just when boredom thought it was safe to return, here come 70 more games and activities on topics such as Making Music to Wild & Wacky Sports. Boredom Beware – the fixes are back, and this time, they're personal!



[Boredom Busters](#)

When quick fixes just aren't enough, your kids need longer, activities to help them defeat dullness. With help from the book's web site, they'll be launching newspapers, designing web sites, and much more. Boredom is about to get busted!



[Quick Fixes For Kids' Parties](#)

Does the thought of running a kids' party fill you with fear? With help from this book, it needn't be like that. With party themes for every occasion, great games, and dozens of hints and tips, you can stage a party you'll enjoy as much as your kids!

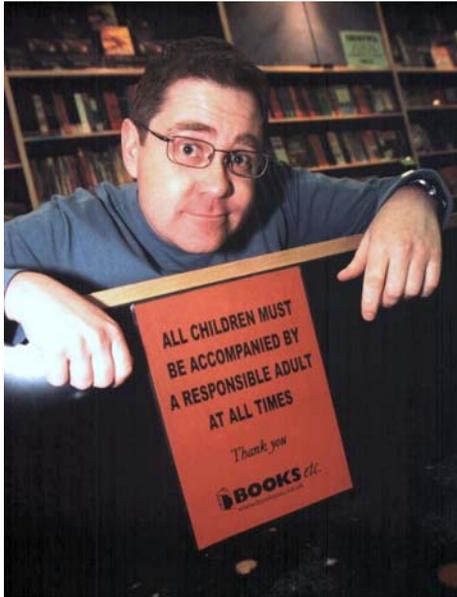
The Publisher

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Check out their web site at www.howtobooks.co.uk for more details!

About The Author



Tommy Donbavand was born in Liverpool, but doesn't know any of The Beatles.

He has entertained kids around the world for over 15 years – just about everywhere from the ice floes of the Arctic to cruising the Amazon River.

He recently spent eight years playing the Clearlake MC in the musical *Buddy* in London's West End, but has now returned to causing mayhem with gangs of kids.

He can't believe how much fun he's having.

And Finally...

If you have any questions about keeping kids entertained, or any of the activities from my books, please e-mail me at tommy@wobblebottom.com

I can also be booked to run Boredom Busters events in bookshops, schools or with cub scout and brownie guide packs. E-mail for more details.

Plus – I have a TV format based on my books available. If you are a TV producer or director, and would like more information, please get in touch.

Don't be bored!

Tommy Donbavand
April, 2002

www.wobblebottom.com

The Official Stuff

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