

Anti-Boredom Kits



July is National Anti-Boredom Month. National Anti-Boredom Month celebrates the benefits of boredom, including:

- Encouraging kids and teens to be present and aware of the world around them.
- Inspiring kids to use their imagination and creativity to entertain themselves.
- Allowing kids to take their own initiative and think of ways to occupy themselves in ways not prescribed or set up by someone else.
- Building self-esteem by providing kids with free time to try things out without fear of failing, which is essential for a child to develop their own confidence and resilience.
- Enhancing interpersonal skills by providing unstructured time for children to play with other children and not be focused on a screen time game or activity that tells them what to do.

Creating Summertime Anti-Boredom Kits for kids and teens not only helps the kit recipient use their imagination and creativity... it also helps YOU use your imagination and creativity!

The completed kits will be distributed to organizations with summer programs and provide participants with items and ideas that will inspire creative thinking, artistic activity, and hours of imaginative fun. Best of all: each kit will be unique based on the volunteer's imagination, so kids will be receiving a truly one-of-a-kind experience!

Premium Shift Activity: Create Anti-Boredom Kits for Kids & Teens

Each volunteer will one or more Anti-Boredom Kits following the instructions below:

- Take a look at the items that are in the 1 For Good Activity Box. What kind of activity could you make for a kid or teen using some of these items? Be creative but don't over-think it: sometimes the simplest idea is the most effective!
- Stuck for ideas? Hop on your laptop or smartphone or call a person you know who is super-creative and seek ideas for creating a fun and easy activity.
- Once you have an idea for a kit, here are the ONLY THREE RULES:
 1. Your kit supplies must fit completely in one of the zipper bags in the activity box – a large bag, a gallon-size bag, or a sandwich bag.
 2. Your kit must include suggested instructions, ideas, or prompts to guide the recipient on how to use the kit; write this information on a 3x5 or 4x6 card (included in the activity box) and include this in your completed kit.
 3. Any modifications to the kit supplies can only be made using scissors, hole punchers, or pens.

When you have completed your kit(s), put it / them in the activity box. Feel free to make multiple kits – and if you use up all the supplies, please email richard.nacywarner@regeneron.com so we can replenish.

Please note: Don't forget to enter your Regeneron email address and amount of time you worked on this activity on the roster in the activity box.