



# BOREDOM BUSTERS

Welcome to Spring!  
Here are some great ideas for  
spending time outside whilst  
self-isolating.

Please follow the instructions  
to stay home, but make the  
most of your garden and  
enjoy the great outdoors!



## Spend time with pets

If you've got a cat, dog or maybe a  
more unique pet such as a tortoise  
or rabbit, spend some time with  
them in the garden, maybe grab  
some great photos of them and  
have some fun outside!

## Mini Sports

Get active and get in the  
garden, maybe have a mini  
football tournament, a game  
of bowles, or races in the  
garden. So grab people in  
your home to join in, or get  
fit outside on your own!



## Tidy up the garden



Maybe you want to go outside, but it's a bit overgrown and the grass is long, why not ask your parents/ carer if you can help by cutting the grass or doing some weeding.

We're sure they will appreciate the help! Maybe even plant some flowers in the new space you've created!

## Grow your own

Ask your parents/carers if you can start growing some of your own fruit and veg. Find a space to plant them, and water them regularly. Then pick your fresh foods and get cooking with them!



**Remember, Make sure you ask permission and help before using gardening equipment!**

Look out for ideas about staying active, cooking tips, and much more in the upcoming weeks!



We love to hear from you too so why not contact us at [VSK\\_Participation@kent.gov.uk](mailto:VSK_Participation@kent.gov.uk) or through the [Contact Us](#) pages on the Kent Cares Town website!

**THE PARTICIPATION TEAM**