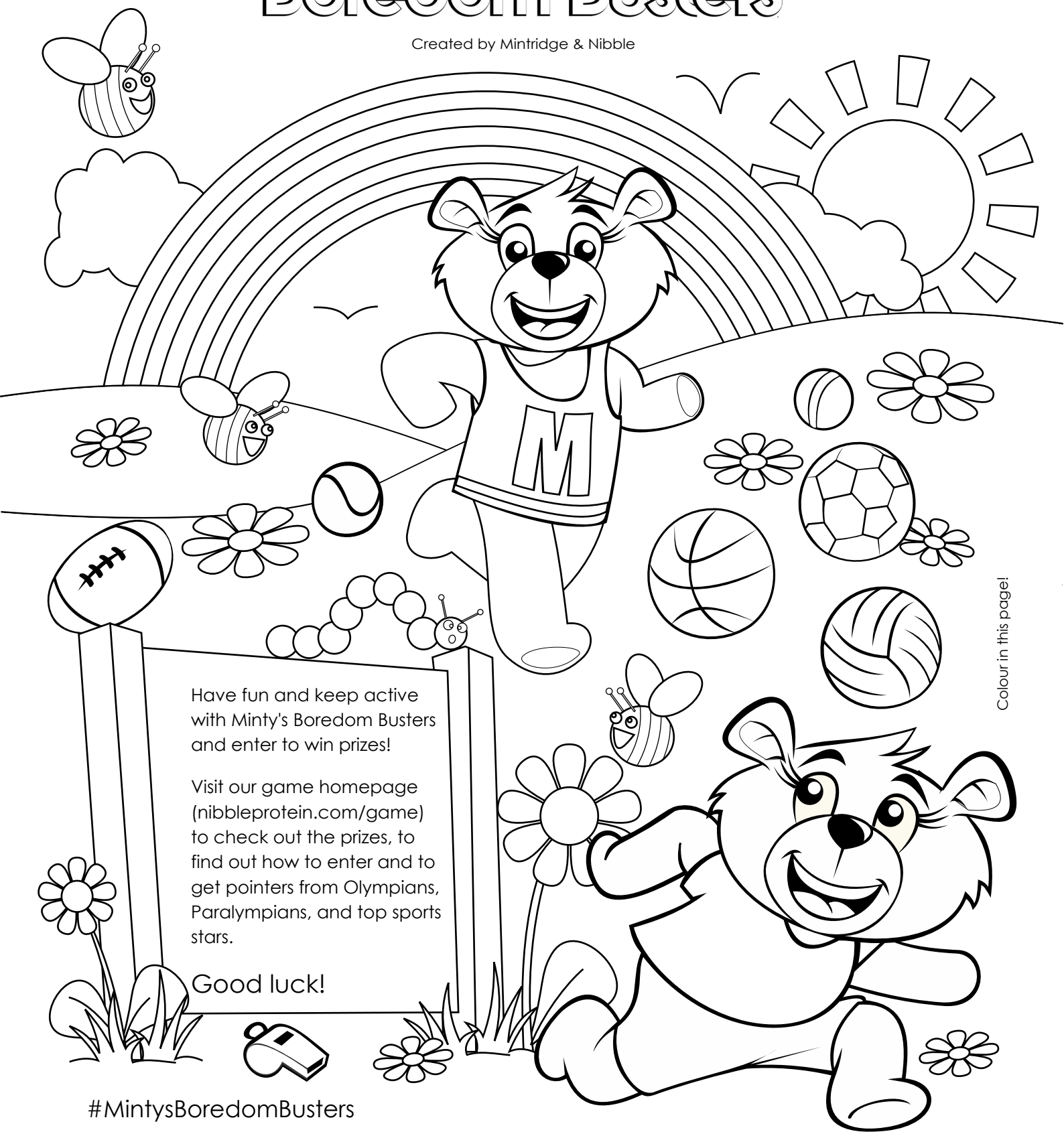
minty's Boredom Busters

Created by Mintridge & Nibble



Have fun and keep active with Minty's Boredom Busters and enter to win prizes!

Visit our game homepage (nibbleprotein.com/game) to check out the prizes, to find out how to enter and to get pointers from Olympians, Paralympians, and top sports stars.

Good luck!

Colour in this page!

#MintysBoredomBusters

MINTRIDGE FOUNDATION

The Mintridge Foundation is a registered charity dedicated to enhancing life skills in young people through sport. We provide a support network for young people by harnessing the power of positive sporting role models.

nibble PROTEIN BITES

Nibble is Mintridge's Nutrition Partner and we're on a mission to help you eat less sugar. Our award-winning, protein-packed snacks are made with antioxidant-rich dried plums (instead of dates), so you get less sugar and more flavour! For more info, go to: nibbleprotein.com/minty

mintys Boredom Busters

Colour in the star when you've completed each activity. Don't forget to add up your points for each section!

Colour in this page!

PAPER TOSS

Ball up a piece of paper. Step 2-3 metres away from a bin. Try to toss the ball in to the basket. How many times in a row can you get the ball in the basket? Record your best score below.

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Total points	

MINDFULNESS

Sit silently by and open window or garden. What sounds and smells can you identify? List as many as you can below. Get one 1 point for each sound or smell.

Sound / smell 1	
Sound / smell 2	
Sound / smell 3	
Sound / smell 4	
Sound / smell 5	
Total points	

RAINBOW FRUIT & VEG

Can you eat 5 different coloured pieces of fruit or veg this week? Receive 1 point for each fruit or veg you eat. List the foods below by colour.

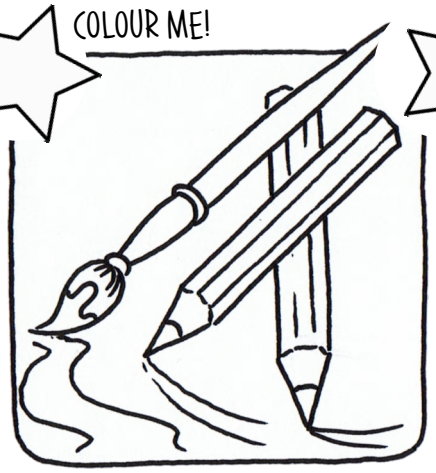
Red	
Orange	
Yellow	
Green	
Purple	
Total points	

STAR JUMPS

How many star jumps can you do in a row? Record the number of star jumps below. See if you are able to do more star jumps than the day before.

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Total points	

COLOUR ME!



Brighten up these pages with lots of colour. Get a point for each page you colour in. For 5 extra points, draw a picture of your favourite sport or activity on page 4.

Page 1	
Page 2	
Page 3	
Drawing (Bonus 5pts)	
Total points	

RUNNING

How long can you run on the spot without stopping? Ask a parent/ carer, brother or sister to time you. Can you run a little longer each day? Give yourself 1 point for each minute you run.

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Total points	

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Colour in this page!

BOTTLE LIFT

Grab a full milk bottle or large water bottle (make sure the lid is screwed on tightly!). How many times can you lift the bottle up above your head and back down again? See if you can beat your score from the previous day.

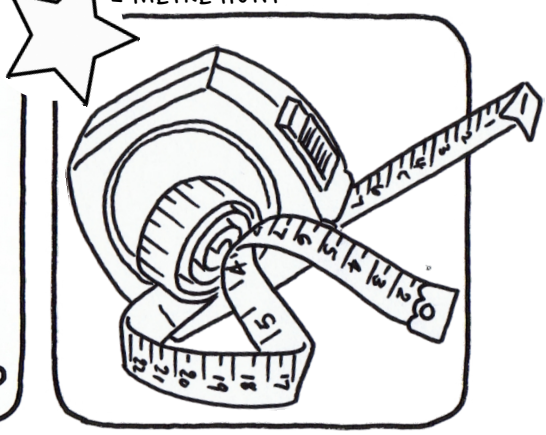
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Total points	

AEROPLANE THROW

Make a paper aeroplane and set a target on the floor a couple of metres away. Throw the aeroplane and try to hit the target. The target can be a toy, a sock, anything. How many times did you hit the target?

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Total points	

2 METRE HUNT



Can you find something (or someone) in your house or garden that is at least 2m tall or 2m wide? Use a tape measure or ruler to check that objects are 2m (or larger). Get a point for each object you find.

Object 1	
Object 2	
Object 3	
Object 4	
Object 5	
Total points	

Add up all the points!

Total points

PAPER TOSS	
MINDFULNESS	
RAINBOW FRUIT & VEG	
STAR JUMPS	
COLOUR ME!	
RUNNING	
BOTTLE LIFT	
AEROPLANE THROW	
2 METRE HUNT	

GRAND TOTAL _____

- Don't forget the drawing challenge (for 5 bonus points) on the next page!
- Why don't you reprint the game and try again next week to see how much you can improve.
- Head over to our website to enter to win some amazing prizes!

WELL DONE, CHAMP! YOU'VE FINISHED!

COLOUR ME!

5 BONUS POINTS

In the space below, draw a picture of your favourite sport, hobby or activity.