

Responding to Boredom

We all know that our children will, at times, experience boredom. And while it is certainly uncomfortable for them, it's also important for us as parents to recognize boredom as an opportunity for our children to:

- Learn about their own likes and dislikes
- Exercise creativity
- Become more self-aware
- Learn a new skill

What other positive effects of boredom have you witnessed? What other positive effects of boredom can you think of?

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“Try It” Exercise:

The next time your child is bored, try using one of the following phrases to encourage him or her to “think outside the box” and try something new:

- “It’s okay to be bored. In fact, lots of great ideas have come from those times when someone was just as bored as you’re feeling right now. Give yourself some time to think about it, and when you’re ready, come back and tell me what you’ve been thinking of.”
- “Make a list of all the fun things you’ve done in the past month. Then make a list of all the things you didn’t get to, but would enjoy doing. I’m sure you’ll think of lots of good ideas.”
- “You’re very smart and very creative. I’m sure you can figure out something to do. Let me know what you come up with.”