



# BOREDOM



## MAKING USE OF BOREDOM

When children say "I'm bored," parents often rush to find solutions to fix the situation. However, boredom can be a useful emotion to foster creativity and independence. Learning ways to harness boredom can help parents and their children cope more effectively.

## WHAT CAUSES BOREDOM?

Boredom is a common complaint among children and adolescents. Some triggers for boredom include:

- Feeling unsatisfied or disinterested in an activity
- Feeling energetic but having nowhere to direct your energy.
- Engaging in a task that requires a lot of attention but is not very interesting

## WHAT CAN YOU DO?

The best way to deal with boredom is to teach children to use it as a signal to get active. This can also work to re-engage children with their creative selves.

- puzzles
- arts and crafts
- read a book
- talk with a friend
- listen to music
- build with blocks
- get active

