

Bringing the Lessons Home

“I’m bored!”

Between the school day and after school activities, a large portion of children’s time is managed and scheduled. Summer can bring a more relaxed pace, during which parents often hear from their child(ren), “I’m bored!”

Boredom can be essential for children because it may lead to increased creativity and helps your child to problem solve and grow. When a child is bored, they are learning to create their own fun, and it allows for an opportunity to find what interests them and what they are passionate about. It is important to realize that when a child says, “I’m bored,” it’s not that they’ve run out of things to do, it’s just that what they see in front of them isn’t interesting, or may be a signal that they desire some engagement with an adult. Taking some time to play outside, ride bikes, or bake cookies together may be enough to recharge their batteries and they can take it from there.

Consider activities ahead of time, before summer arrives, and create a boredom jar. Work with your child(ren) to come up with several activities that they enjoy. Write the activities on a slip of paper and place them in a jar. Next time your child tells you, “I’m bored,” have them dive into the jar for a slip of paper! Here are some “starter” ideas:

1. Read a book
2. Play catch
3. Walk the dog
4. Play a game outside
5. Clean and re-organize your room
6. Make an obstacle course
7. Collect and paint rocks
8. Go on a scavenger hunt
9. Make a fort
10. Climb trees

