

BOREDOM



Understanding Boredom

Constantly part of organized activities, entertained & overscheduled

No time for boredom to arise.



We want to find the balance here.

No planned activities, nothing to play with, nothing offered for the child to do.

Boredom constantly felt.

Boredom can be incredibly challenging for some children who are used to having a full schedule. It can also be challenging for a child to transition from days when they are overscheduled to days when they have more freedom to do as they wish.

Here are two common examples of this challenge:

- Going from being in school all day and then having after-school activities to days when they are primarily free can be very challenging.
- When parents are split, children spend time at one parent's house, who schedules their time with activities, and then the child transitions to the other parent, who allows more time for free play.

This can help us understand why boredom can feel more challenging at times.

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Importance of Boredom



When we aren't consuming, we are creating.

When children feel bored, they can wonder what they would like to do. This helps them discover their interests and themselves better. It motivates them to be creative and problem-solve.

When children are bored and end up doing something that brings them joy, **they feel capable**, and this boosts their self-esteem.

We can help them notice this by saying things like, “wow, you were feeling bored. Then you decided to take XYZ and create this incredible XYZ! How fabulous is that?”