

I'm Bored!

Read the article here: <https://tlhs.us/2HVzhCK>

How to Apply it at Home

- Consider drastically cutting “screen time” for you and your kids to allow the freedom to release creativity!
- Cut back on structured or organized activities, outings, sports, etc. to give boredom a chance to strike!
- Start building a collection of “Boredom Busters” your kids can use creatively and safely on their own, such as:
 - » Craft supplies
 - » Leftover “odds and ends” building supplies
 - » Clothespins, blankets, cardboard boxes and tubes
 - » A wide variety of books that may spark interest or creativity—use the library to have a huge supply of variety without breaking the bank!
 - ◇ Include books on topics they are already interested in as well as people, places or things they may have never even thought of before.
- If the idea of allowing kids to constructively handle their own boredom is new in your household, think ahead of time about how you will respond when they say they are bored
- Let them know ahead of time what your response will be and give them time to get used to the idea that they’ll be responsible to constructively handle their boredom
- Don’t bail your kids out when boredom sets in—wait to see what happens!

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