Mc Graw Hill

Boredom Buster **Activities**

for Brave Young Learners

Here is a surprising fact: it is okay to be bored. It happens to everyone from time to time. In fact, boredom can make everyone more creative and help you explore new things. However, it can take a little bravery to handle boredom, especially by yourself. Sometimes, the very best way to get started is to take positive action. Positive action is something you can do that is good, helpful, healthy, and useful. Positive actions can make fantastic boredom busters.

To help you bravely tackle boredom, here are some suggested positive actions you can take:

BEING BRAVE IN THE FACE OF UNCERTAINTY

GRADES PREK–2

- Count to 10 while doing jumping jacks. Skip count to add some more brainpower!
- Try to touch your fingers to your toes or stretch another part of your body.
- Ask yourself, *How am I feeling right now?* See how many feelings you can name. Can you draw them?
- Help a grown-up or sibling.
- Tell your favorite story—but with brand new characters!
- Play with your pet, or if you don't have a pet, imagine what you'd do if you had a pet (or create an imaginary pet!).
- Sort your building blocks or toys by color, shape, or size.
- Play "Hide the Object" with a sibling or friend. First, find a small object such as a button or clothespin. Next, one person hides the object while the other person leaves the room (so they can't see where it's hidden). Then, have the seeker find the object. You can use hints if you'd like.
- Listen to some music and dance! You can also search online for videos that will help you learn a new dance.

If you think of any other boredom busters, you can write them down here!

GRADES 3–5

- Stretch, do some push-ups, or jog in place for a bit.
- Think about your feelings: ask yourself how you feel physically (are you hungry? tired?) and emotionally (are you excited? sad?). Write a journal entry or a note to someone about how you are feeling.
- Create something for a friend or write a letter.
- Ask an adult or a sibling if you can help them.
- Write a story! Create characters. Make sure to include a beginning, middle, and end.
- Go on a walk. Make a mental list of things you notice. How could you find out more about what you noticed?
- Check out your local library's eBook or audiobook selection.
- Paint, draw, sculpt, and get creative! Make something interesting and beautiful! Bonus if you can make something that inspires others to be brave.

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GRADES 6–12

- Download a mindfulness app and follow a session or two.
- Stretch or do some light fitness exercises, such as 5–10 push-ups, a few lunges or squats, or calf-raises (rise onto on the balls of your feet and then go back down).
- Organize/declutter a junk drawer or a part of your room.
- Clean up the apps on a device to free up some space.
- Create a playlist for a friend.
- Take care of your pet. Does Fido need some water or maybe even a walk?
- Find clothes or things to donate.
- Check out your local library's eBook or audiobook selection.
- Write a friend or family member an actual letter (on paper with a pen or pencil).
- Drink some water.
- Doodle—you don't need to be a professional artist to exercise your creativity.
- Ask if you can help an adult or younger sibling with something they're doing.
- Use a device to take photos of something really small or abstract—what does it look like when you can't see the whole object?
- Go for a bike ride or walk.
- Try to beat your smart speaker (if you have one) at 21 Questions.
- Cook up your favorite snack or learn to make something new.

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