

Tips for Parents to use with the Kid Connection Video

Dealing with Boredom

Help your child deal with boredom by working together to create a list of activities to do when bored. Post the list and when bored, have your child select and do an activity from the list. You can turn the list into a fun activity, itself, by having your child make a paper chain of the activities. Or write all the ideas on small, separate pieces of paper and put them in a Boredom Jar. Have your child label and decorate the Boredom Jar. When your child says "I'm bored," have them select and do the next idea from the paper chain or an activity from the Boredom Jar. Provide positive reinforcement to your child for selecting and doing an activity to alleviate boredom.

Ideas for activities may include: draw a picture, play a board game, do 25 jumping jacks, make a card for an elderly relative or neighbor, build with Legos, write the grocery list, create a recipe and make it, visit a local attraction online (The Oakland Zoo is offering virtual tours and learning opportunities during the school dismissal), listen to music and dance, call or Skype a relative, build a fort out of sheets and blankets, have a Tea Party.