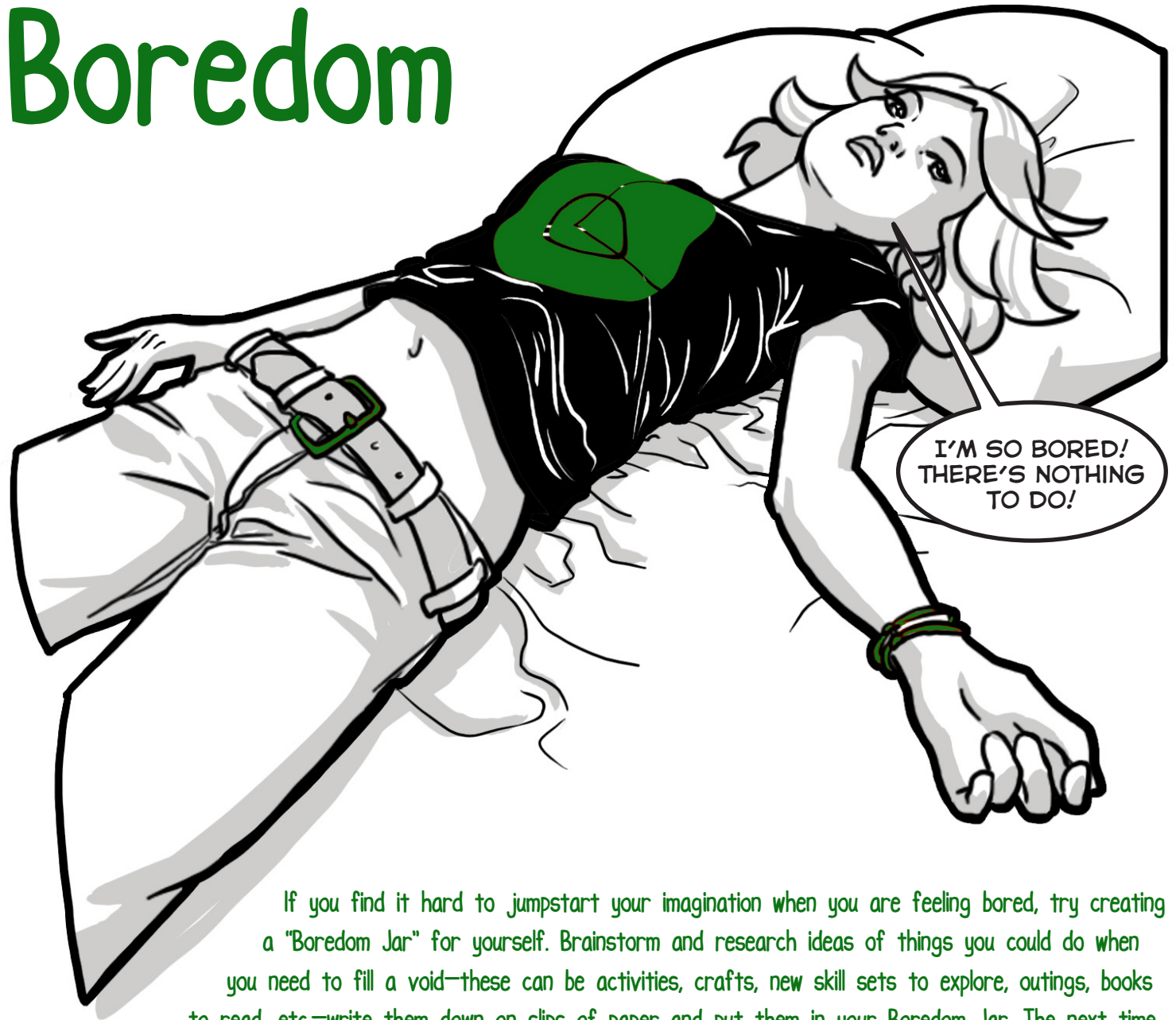


Farewell Boredom

"I'm bored!" Do those words seem to hit you at the most inopportune times? Perhaps your scholastic and extracurricular activities are done for the day, and you have used up all your allotted screen time, so you feel bored and don't know what to do next.

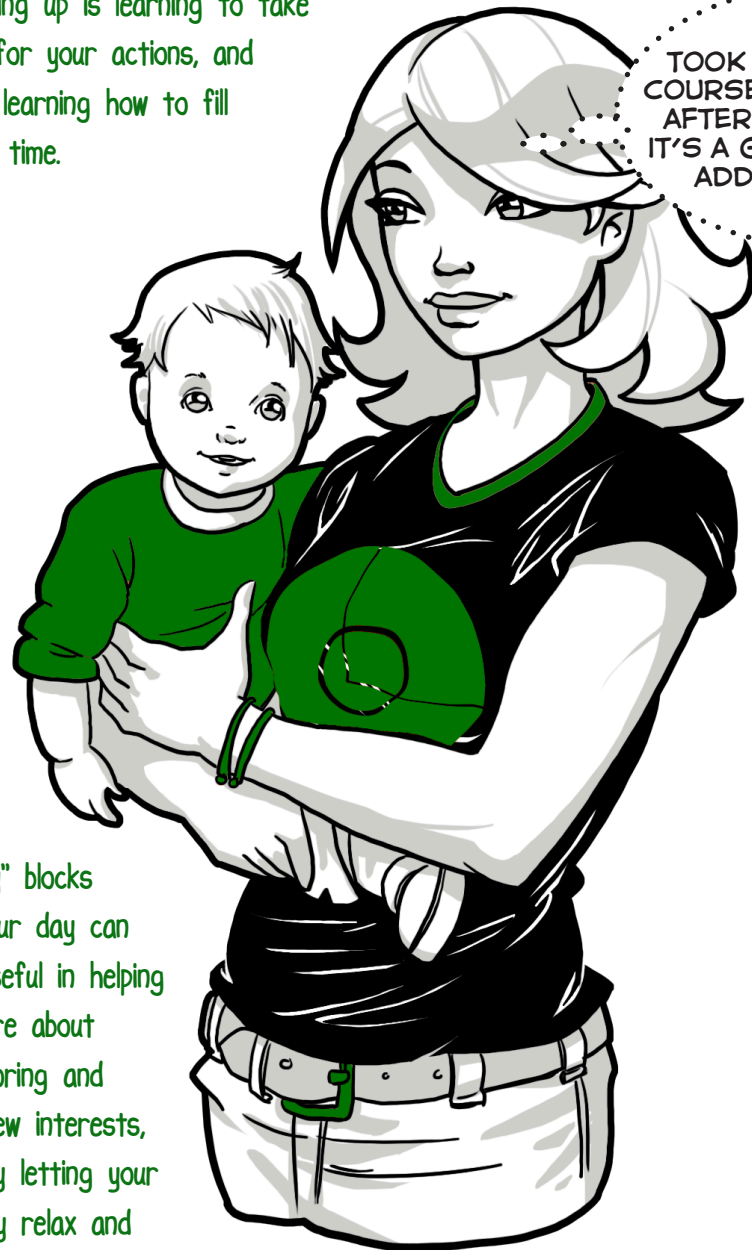
Being bored doesn't mean you have run out of things to do; it means that what you are doing or not doing no longer holds your attention. In today's world, with technology readily available, a little fiddling here and there with a phone, Xbox, computer game, or social media can seem to be an easy solution to fill a boredom void. While technology has its time and place, screen time is not a solution to boredom. If every spare moment is spent fiddling or playing with an electronic gadget just to fill the time, you prevent yourself from exploring other options for discovery.



If you find it hard to jumpstart your imagination when you are feeling bored, try creating a "Boredom Jar" for yourself. Brainstorm and research ideas of things you could do when you need to fill a void—these can be activities, crafts, new skill sets to explore, outings, books to read, etc.—write them down on slips of paper and put them in your Boredom Jar. The next time a bored moment hits, you can then pick out an idea to try. Sometimes the most effective way to get yourself out of the boredom trap is to do something—*anything*—to jumpstart your creativity.

You cannot expect others—your parents, friends, or teachers—to fill your time with activities or projects that will keep you stimulated or entertained.

Part of growing up is learning to take responsibility for your actions, and that includes learning how to fill and use your time.



I'M GLAD I TOOK THAT BABYSITTING COURSE. I ENJOY LOOKING AFTER LITTLE ONES, AND IT'S A GREAT WAY TO MAKE ADDITIONAL POCKET MONEY.

Having "empty" blocks of time in your day can actually be useful in helping you learn more about yourself, exploring and discovering new interests, or just simply letting your mind and body relax and enjoy the moment.

Boredom can produce some amazing results because it creates an environment where imagination can be stimulated and thrive. In those empty moments you can

learn to self-entertain, create, generate new ideas, and explore your inner world, all of which are important skills that can positively impact your life.



"WRONG WILL BE RIGHT, WHEN ASLAN COMES IN SIGHT, AT THE SOUND OF HIS ROAR, SORROWS WILL BE NO MORE, WHEN HE BARES HIS TEETH, WINTER MEETS ITS DEATH, AND WHEN HE SHAKES HIS MANE, WE SHALL HAVE SPRING AGAIN."¹

¹ C. S. Lewis, *The Lion, the Witch and the Wardrobe*

Don't let boredom get the better of you. Instead use it to build and develop your creativity and imagination. You never know where the journey of discovery will take you!

S&S link: Character Building: Excellence-2c,d

Authored by Devon T. Sommers. Illustrated by Sandra Reign. Designed by Roy Evans.

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