



The Benefits of Boredom Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens / Pencils
- ▶ The Benefits of Boredom worksheet

L.O:

- ▶ To understand the benefits of being bored.
- ▶ To recognise what I can do to utilise the periods of boredom.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together discuss when we get bored, things that make us bored and how boredom generally makes us feel, what do we do when we're bored and how do we stop ourselves from being bored.

MAIN TEACHING (10mins)

Tell the children that whilst the feeling of being bored might not necessarily be a nice feeling, it can sometimes be quite useful.

Ask for volunteers to share how they entertain themselves. Many will likely note computer gaming, or using their phones, social media, YouTube and other similar things. Tell them that this is all specifically designed to hold our attention for as long as possible, and rarely gives our brains a chance to breathe, let alone become bored.

This also stops us from finding time to be creative, plan for things or think of anything else apart from what is directly in front of us. This is where boredom comes in. If we allow our minds to become quiet and not distracted by external stimuli, this is when we can have the best ideas.

- MAIN TASK - The Benefits Of Boredom (15mins)

There are lots of benefits to boredom, ask the children if they can think of any? These could be things like creating something such as a story, an art project, a song or a dance. Complete chores, plan the day or week ahead, catch up with a friend or family member. These are amongst the things that get forgotten about whilst we are distracted by everything in modern day life.

Tell the children that we are going to be creating a boredom plan. So the next time we are feeling bored we can check the plan and see what we can use that time of boredom for.

We also don't have to wait to be bored, we could actively give ourselves a break to just sit, quieten ourselves and let the boredom relax our minds.

Have the children write or draw a number of things they can think of doing the next time they are bored. Remind them that this can always include simply having a rest.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their boredom plans and explain why they chose those things.



The Benefits of Boredom Worksheet

CHILDREN'S SHEET

Either write or draw a list of things that you can think of to do the next time you are bored, to make the most of the time when you are not distracted by the busy modern world. This can even be simply having a rest...

My Boredom Plan:

A large rounded rectangular box containing 15 horizontal dotted lines for writing.