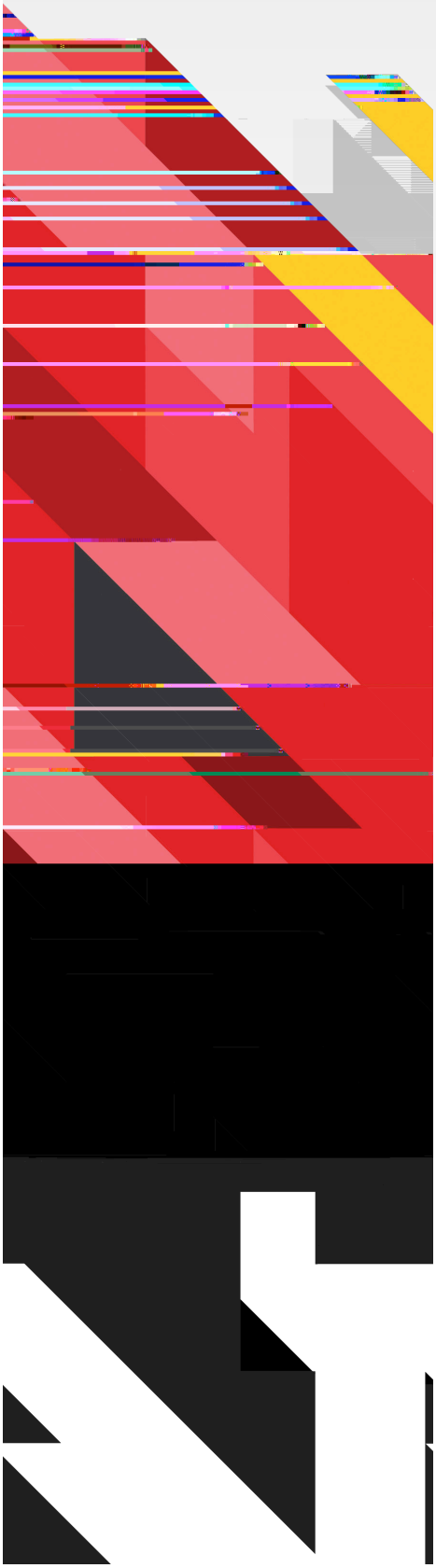

Boredom Buster **Activities**

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:

BE BRAVE
IN THE FACE OF UNCERTAINTY

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.

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