

# ***IS BOREDOM GOOD FOR CHILDREN?***

STUDENT SUPPORT DEPARTMENT

**"mom, I'm bored"  
"dad, I'm bored"**

This can lead to us overscheduling children's time, and not allowing them enough opportunities for child-led play.



## **Benefits of boredom**

1. Boredom encourages imagination and creativity: Children need to learn to take initiative and think of ways to occupy themselves that are not dictated by someone else.
2. Boredom teaches 'grit': Being bored - or having to think of ways to amuse themselves - is an important way to develop this 'grit.'
3. Boredom develops problem-solving skills: this encourages initiative and problem-solving, as they have to rely on themselves to tackle the 'problem' of being bored.
4. Boredom builds confidence: When they have free time, they can try new things, test their limits and take risks, which will all build their confidence.
5. Boredom improves mental health: Having time to just "be" gives them the opportunity to think their own thoughts and get to know themselves better,' Research has shown that allowing the mind time to wander rather than being focused on activities all the time is very important for mental health.'

6. Boredom creates a sense of belonging: As well as having time to think, unstructured downtime gives children a greater sense of community. If children are always busy with some focused activity, they take their surroundings for granted, But it's important that they have the chance to engage with their environment so they feel a sense of belonging to where they live.



### *How to encourage your child to make the best of boredom*

1. Have a daily activity detox. Nominate two and a half hours a day where the family has no structured activities, and make it up as you go along.
2. Give them a creative, open-ended task like building an obstacle course in the garden or setting up a treasure hunt. This will inspire creativity, as they have to decide what the treasure will be, hide it from you, write the clues, and so on,
3. Don't mind the mess: Everything can be cleared away, and you can make it a condition that your child has to help tidy up afterwards



*Boredom shouldn't be viewed as a bad circumstance but rather as an opportunity to unplug, daydream, and let children creative juices flow. Need more proof? Newton was purportedly just sitting under an apple tree when he discovered gravity.*