

Are You Bored?

What to Know

You might get bored for a lot of reasons.

Most teens need stimulation, inspiration, and challenges to feel fulfilled, and if they have too much time on their hands, they may end up wasting what could be valuable time for creativity, productivity, or projects.

If you don't have projects, tasks, fun activities, or homework to do, you'll likely get bored very quickly. You might feel like you have nothing to work for and your drive, motivation, and excitement may disappear!

Boredom is common, but it's not always a bad thing. When you are bored, you can also take the time to try some new things.

So, what can you do if you're bored?

- 1. Redesign your space.** Your bedroom is more than just a place to sleep. It's your personal sanctuary where you relax, study, and escape for time alone. Redecorate, move furniture around, or even paint (with your parent's permission, of course!). This is a great chance to donate unused items or outgrown clothing.
- 2. Reach out.** Contact some friends and invite them over. Ask your parents or other family members to play a video or board game. Some other things you can do with others is bake cookies, watch a movie, or go on a hike.
- 3. Repurpose household materials.** Look around and see the possibilities in your recycled plastic bottles, duct tape, paper towel tubes, glue, craft supplies, shoe boxes, scrap wood and metal, leftover paint, etc. For example, you can use a 2-liter plastic soda bottle to create a bird feeder, rocket, and many other things. You can use scrap wood and PVC pipe to make a bookshelf. Check out YouTube videos for more DIY (do-it-yourself) ideas. A little research and imagination can go a long way!
- 4. Learn a new skill or hobby.** Is there something you'd like to learn? You can join a club, take a class, or search online for ideas. Learn the rules of a new sport or start a collection.

5. Take time to write. Create your own characters and write a story, skit, or comic book. Spend some time journaling.

6. Interview a family member. You can become closer to a family member and learn more about their life. Here are some questions you can ask:

- When and where were you born?
- How many siblings do you have?
- Where did you live throughout your life?
- What are the most important lessons you learned from your parents?
- When you were growing up, what was your favorite thing to do? What did you want to be when you grew up?
- Knowing what you know now, what are the most valuable things in life?

Think of other interesting questions to ask. You might even start a timeline of historical events that occurred during your interviewee's lifetime. If they are open to the idea, record the interview.

7. Just relax! Try unplugging for a while. Sometimes having nothing to do is a good thing. Take a break (or a nap!) when you're feeling stressed or overwhelmed.

What to Do

Think about what activities you can do the next time you're bored.

Choose three things you can do.

1. _____
2. _____
3. _____

Over the next month, each time you're bored, do an activity. Write down the date. Rate how bored you are, from 1 = I'm just a little bored, to 10 = I'm extremely

bored. Do the activity and describe what you did. Then, rate your boredom after the activity. Write down notes, such as what you'll do differently next time.

Date	How bored are you?	Activity	How did you feel after?	Notes

Did doing activities help you feel less bored? Why or why not?

Were there times you just let yourself feel bored? Why or why not?
