



A Little Space for Ideas

A gentle way to respond when a child says, "I'm bored."

This isn't a list of ways to entertain children.

Instead, use these simple prompts to help children notice their own interests, make choices, and find a next step. There is no need to use every prompt.

A simple three-step approach

1. ACKNOWLEDGE

"You're looking for something to do."

2. LEAVE SPACE

Pause and see what your child thinks of.

3. SUPPORT

Offer a small nudge if help is needed.

Gentle prompts to try

NOTICE AN INTEREST

"What are you thinking about right now?"

MAKE A CHOICE

"What would you like to try?"

START WITH AN IDEA

"I wonder what you could do with that idea."

ASK FOR SUPPORT

"Would you like some help getting started?"

WHEN TO STEP IN

If a child is distressed, overwhelmed, too young to manage the wait, or needs engagement during a program transition, respond actively. The goal is supported independence, not leaving children on their own.