FREE RESOURCE 07

Boredom Doesn't Always Need to Be Fixed

A little unfilled time can leave room for children's own ideas.

Not every quiet moment needs an activity.

When children say they're bored, it's tempting to immediately offer a screen, a game, or a new activity. Sometimes children need support or connection. Other times, a little space may help them decide what interests them.

What might that space offer?

IMAGINATION

Children may begin making up stories, pretending, or imagining possibilities.

INITIATIVE

Children may choose what to explore or try without an adult directing every step.

PROBLEM-SOLVING

A quiet moment can become a chance to think about what to do next.

SELF-DIRECTION

Children can practice making small choices and following their own interests.

Support without taking over.

Acknowledge the feeling: *"You're not sure what to do right now."* Stay available. Offer comfort or help when needed, without assuming every pause needs to be filled.

A LITTLE BOREDOM IS NOT THE SAME AS BEING LEFT UNSUPPORTED.

Age, development, needs, and setting matter. Young children still need responsive adults, and program transitions should remain engaging.