



Bored Kid Syndrome

When Boredom Sets In



School is Out



Weather is Warm



Communities Reopening

Child Views Your Role As:

- Idea Generator
 - Come up with fun idea
- Activity Planner
 - Make fun thing happen
- Entertainer
 - Play with me
- Maintenance
 - Clean up when fun is over



Boredom Comes In All Shapes and Sizes



Yes, Babies Get Bored Too!

- Babies need:
 - To see changes in environment
 - Interesting things to manipulate
 - Interactions with you





Bored Toddlers

- Avoid overstimulation
 - Too many toys out
 - Not enough “quiet activities”
 - Lack of routine, especially naps
- Go back to basics
 - A big empty box
 - Pots and pans
 - Water play



Your Preschooler

- Enjoys Playing with Peers
 - Plan play dates
 - Encourage imaginative (make believe) play
 - Offer games/toys that require cooperation
- Be Prepared to
 - Settle disputes around sharing
 - Join in on the fun
 - Help with setup and cleanup

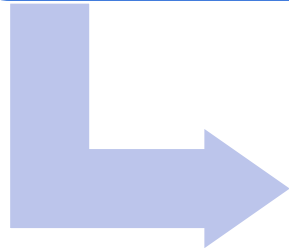
Your School-Ager

- Involve them in Planning
 - What they'd like to do
 - Making choices
 - Activity prep and cleanup
- Take it Outside
 - Gardening
 - Decorate and ride bikes
 - Plan a picnic

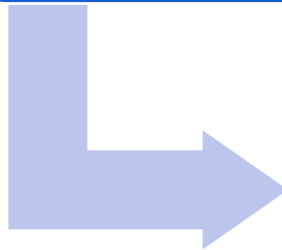


Bored Teen

What would
you like to
do?



What are the
barriers?



Would you
consider a
compromise?



In Your Role as Activities Director

- Seek input from child
- Involve child in planning
- Give choices
- Compromise
- Join in and have fun!



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