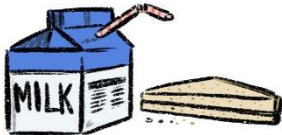


## Junior Secondary Guidance Officer – Anna Willis

### 6 solutions to boredom



**Check your teen isn't just hungry or tired** as everything can feel boring then. It isn't boredom, just lack of energy to engage in an activity.



A lot feels out of control right now, so try to **provide your teen with new day-to-day choices** (activity schedule, where you eat dinner or what order they do their school work in).



**Don't feel obligated or responsible to stop this terrible experience** for your teen. They can develop internal resources (attention, self-regulation, creativity) by having to solve the boredom problem themselves.



**Teach your teen not to be afraid of the feelings that come with boredom**, but excited. Boredom is a signal that indicates change is needed. Help them to generate ideas and then pick one to engage in. Let them be responsible for the choice.



**Help them break a task down they're struggling with and get started.** Boredom is sometimes just getting over the hard part of getting started.



**Try setting a timer with your family, turning off your devices, and engaging in something meaningful together for 20 minutes.** Creativity emerges in space, and mobile devices provide easy distraction. They'll never know what they could achieve if they're always distracted.