



“I'm Bored”

How do we react when children say they are bored? We often feel pressure to solve it right away with screens or activities, but unstructured time is valuable.

Why unstructured time matters

Learning to manage free time is a skill children need to develop for themselves. Unstructured time is where creativity begins: building a den, inventing a game, writing a story, or studying bugs in the garden. Filling every moment with lessons, activities, or screens does not give children the chance to learn this.

Why children get stuck

Sometimes children have simply forgotten how to play because they are used to constant entertainment. Sometimes it is a sign they need some parental attention to “refuel” emotionally.

How to respond

First, stop and connect properly; even just a chat can refuel a child quickly. If they need more, invite them to join in what you are doing. Once they feel connected, it is fine to hand the “what to do” question back to them, it is their job to find a way to enjoy their own time.

A Boredom Buster Jar, filled with activity ideas written on slips of paper, can help: whenever they are bored, they pick a few and choose one.