



GRATITUDE BOREDOM BUSTERS: INFORMATION FOR FAMILIES

OVERVIEW

This Fall, our materials for adults focus on the Sabbath, and giving thanks for time for rest, restoration, and rejuvenation. Adults aren't the only ones that need help protecting the Sabbath, our kids do too. One of the struggles with a day off of work can be defining what is work (chores, errands, etc.) and what is play, and the challenge that rises for many of us in unstructured time. Unstructured time is an opportunity for creativity but it can also be the birthplace of boredom. Boredom is something that is a part of the human condition so it has been studied by psychologists and written about in poems and books. Many researchers suggest that the way forward through boredom is to find activities that reorient us towards our goals. In other words, the best way to bust through boredom is to connect with things that bring us joy and meaning. There was a study once that showed that individuals who wanted to be doctors or surgeons often lacked the fine motor skills necessary for the job and so it was recommended that students take up embroidery or cross stitch as a hobby. Sometimes, the things we do as a hobby can help us in other arenas of our lives. The enclosed activity is building upon this idea, of the things we want to be and do in our lives can help us push through boredom. It's also built on the belief that boredom is an opportunity for creativity and connection. Some of the activities invite us to do something together, and two are left open for your family to craft together. We hope this boredom buster will help your family connect, get creative, play, and deepen your connections with one another and the world around you. And if you'd like to learn more about boredom, we enjoyed: *What does boredom do to us - and for us?* By Margaret Talbot in the August 20, 2020 New Yorker.

HELPFUL RESOURCES

On the reverse, you'll find a set of ideas for busting boredom. Some require tools or resources you might not have on hand. Below, you'll find QR Codes with information on how to create things you might need and not have on hand. We've picked websites that use common items you should have on hand, but feel free to do your own research to find recipes that work for your family.

ORIGAMI

One activity is to make origami. If you don't have origami paper, any piece of paper cut into a square will work. The easiest way to make a square is to fold the rectangle into a triangle so that 2 of the 3 sides line up and the 3rd has one side that is correct and the other just needs to be trimmed.

For videos teaching easy origami, we like "Art for Kids" for drawing videos and they have a few easy origami tutorials as well.

DIY CLAY & CHALK PAINT



To the left you'll find a website that will walk you through making an air dry clay from common kitchen items. For a less smooth clay, you can combine 1 cup salt, 2 cups flour, and about 1 cup of water to make salt dough. For chalk paint, mix equal parts cornstarch and water and whisk until smooth, then add food coloring. The food coloring might take some time to wash off depending on how much you use.



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INSTRUCTIONS

Boredom is a real problem...you don't know what to do and often when you ask for ideas, it doesn't quite fit what you're looking for. Below are ten activities, in three categories, with a note about how hard or easy the activity is and a basic idea of the supplies you'll need for the task. If you like the sound of the task, scratch off the sticker and find an activity that will help you bust through the boredom. We also hope you'll find your way to creativity, activity, or a chance to give thanks for the world around you as you bust through the boredom.

CREATE

Easy & Minimal Supplies

Give thanks for your family by drawing a picture of the people you love. It can be abstract, lifelike or funny.

Challenging & Uses Found Objects

Give thanks for your home by building one for your favorite toy. Use found objects around your house to build a structure for your favorite toy that includes a place to rest and play.

Easy & Minimal Supplies

Give thanks for how smart you are and learn something new! Ask an adult for help to find a video that will teach you how to make a new kind of origami, or learn origami for the first time.

Easy & Minimal Supplies

Create a sculpture using clay of the things you love and are grateful for. Don't have clay at home? Not a problem, see our parent page for two easy recipes.

PLAY

Indoor Activity 2 or More People

Board games are a great boredom buster. Get out a game and play it with someone or create your own game, give thanks for the chance to spend time together.

Easy Outdoor Activity

One way to share your gratitude with your community is through art! Head outside & decorate your sidewalk or driveway. *Don't have chalk? See the reverse for an easy way to make chalk paint.*

Easy Activity Indoors or Outdoors

Build an obstacle course either inside or outside using objects you have around your house. Challenge yourself to try to have ten activities and be sure to put everything away when you're finished as a way to say thank you for doing the activity.

FAMILY BOREDOM BUSTER!

Pick an outdoor activity your family enjoys doing together and write it down to use on a day when everyone is bored.

EXPLORE

Indoor Activity 2 or More People

Let's give thanks for our home by going on a scavenger hunt! Ask someone you live with to write down a list of five important things that you can go find. If you don't know why they are important, ask!

Easy Outdoor Activity

There are so many things that grow around our homes - head outside and see how many different shapes of leaves you can find. Bonus: draw a picture of your favorite one!

Easy Activity Indoors or Outdoors

Some things can look very different when we look at them closely. Find some objects you're grateful for and zoom in and take a picture. Find someone to try and guess what the pictures are of.

FAMILY BOREDOM BUSTER!

Pick an indoor activity your family enjoys doing together and write it down to use on a day when everyone is bored.