

A Manifesto for Boredom

Bored? That's great! You see, being bored comes **RIGHT BEFORE** having a Really Good Idea.

In a world where children can find entertainment at the touch of a button, it's ever-more important that they have time to be bored - because that's where they have space to come up with their **OWN Really Good Ideas.**

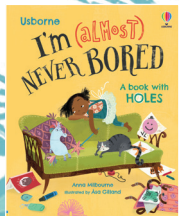


Who doesn't feel the pressure when their child wails, "I'm BORED!" You naturally think, "Quick! Come up with something arty or surreptitiously educational to wow them with!"
But did you know, being bored is actually good for them?

Being bored gives kids the chance to develop resilience, independence, imagination, problem-solving and planning skills, to pursue their interests and find their inner calm. Also, it gives them a chance to **SLOW DOWN** from the anxiety-inducing pace of the modern world so they can hear themselves think. Sometimes that slowing-down process sounds like "I'M BORED!" to begin with, but if you let them sit with their boredom a little, and let that adjustment happen, the magic can begin.

Being bored comes **RIGHT BEFORE** having a Really Good Idea. So let your little geniuses have enough downtime that they start coming up with ideas too.

I'm Boooooored!



Discover more in
I'm (almost) Never Bored

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Play Inspiration

Very little children or kids who aren't used to playing independently might need a bit of coaching, and that's okay. It might take time to build up imaginative stamina. So if they - or you - are at a loss, here are some starter ideas...



WHAT IF...

What if a cardboard box wasn't just a cardboard box? What if your child was the only person in the whole world who knew what it secretly was? Is it a space ship? A magic train? A little house? A hiding place? Keep your cardboard boxes, and let your child loose with crayons or felt pens or even just their imagination.



DOODLE BUG

If you are having to do some desk work, your child may want to hang out near you. Why not set them up at a desk too, and provide drawing things. Take a line for a walk and see what happens. Draw a scribble and see if they can turn it into something.



DEN BUILDING

Let them take over the lounge for the afternoon and build a den using sofa cushions, blankets, duvets, or chairs, sheets and pegs. This is great for budding engineers. Once they've built it, they might want to take a snack inside, or a comic and a torch.



INVITATION TO PLAY

Sometimes all kids need to get them going is a little collection of things they haven't put together before. You can set up a little invitation to play, and see what they do with it. It might be play dough and toy cars or googly eyes. Or it might be tape, used cardboard tubes and marbles! Or a collection of sticks and leaves and a saucepan outside. Don't dictate what happens with those things. Let your child explore.

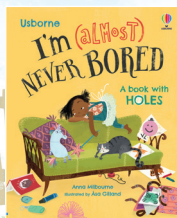


CLOUD WATCHING

Did you ever lie on your back and watch the clouds, and spot shapes in them? It's a great relaxing way of winding down and enjoying nature. Also if you play this game with your child once and have great fun with it, you might find they do it themselves in the future.



Remember it's not about coming up with a pretty end product – it's about the play journey they take.



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