

## STATES OF MIND

# I FEEL BORED

### TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, create and achieve goals, maintain relationships, learn how to feel empathy, and make good decisions. The SEL approach will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

#### BEFORE READING

Talk to the reader about boredom. Boredom can be a sign of other feelings.

**Discuss:** What does it feel like when you are bored? What other feelings do you feel? What do you do when you feel bored?

#### AFTER READING

Talk to the reader about ways to cultivate creativity. Explain that being bored helps us be creative. It helps us find what we enjoy and can also help us learn how to make our own choices.

**Discuss:** How often do you feel bored? What can you do? Can you set aside one night a week for a new activity?

#### SEL GOAL

Some students may struggle with boredom because they have trouble focusing. They may be expressing many other feelings that they haven't been able to identify. Help them find words for their inner experiences and states of mind through books, visuals, and other resources.

### GOALS AND TOOLS

#### GROW WITH GOALS

We can all feel bored sometimes. What we do to find other options can make a big difference to the people around us. It can feel good when we make a positive change.

**Goal:** Identify what boredom feels like. How do you feel when you are bored? How do you usually react to being bored?

**Goal:** Brainstorm activities you can do. Write down a list of things you would like to do. Write whatever comes to mind.

**Goal:** Think about how your options would affect others. Will your chosen activity disrupt your class? Will you be helping someone else with your new activity? Can you include others in your activity?

#### MINDFULNESS EXERCISE

Feeling bored can make it difficult to make good decisions. It can sometimes lead to acting out. Here are some steps to help you be mindful and choose something else to do:

1. Stop and breathe.
2. Identify your choices.
3. Consider your options.
4. Make a choice and do it.
5. Think about how it went.



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published by: **jump!**