

Subtopic 3: How to Restructure a Situation When You're Not Interested (Boredom)

Sometimes we're in a situation where we feel bored or not interested—but we can change the way we think about it or try something new to make it better.

Student Goals:

- Develop tools to overcome being bored
- Learn how to deal with uninteresting or uncomfortable moments
- Use and strengthen creative thinking skills

Materials:

- [TimeWise Student Workbook](#) 16-17 for older elementary students (and themes for younger).

Timeframe:

30–40 minutes **Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple sessions.

Example Conversation Starters:

- “What do you do when something feels boring?”
- “Can you remember a time you made something more fun or interesting?”
- “What are some tricks to make boring things better?”

Activities:

- Boring to Fun Brainstorm: List things that students find boring (bus or car rides, waiting, chores, school tasks) and have them brainstorm ways to make them more interesting (pretend it's a game, challenge yourself, find something funny).

- Introduce and do Page 17 in the [TimeWise Student Workbook](#). Then, role play with partners:
 - Act out a boring situation and show how to make it better, etc.
- Based on the activity on Page 17
 - Create a Toolbox List: Students write or draw 3–5 ideas they can try when something feels boring.