

Subtopic 4: What is Boredom and Why It's Important to Understand

Boredom is a feeling we all get sometimes. It might feel annoying or uncomfortable, but it can also be helpful. It's your brain's way of saying you need a change—something more fun, meaningful, or challenging.

Student Goals:

- Learn that boredom is a sign that they might need to change their situation
- Connect boredom to emotions and regulation
- Become more aware and reflect on these topics

Materials:

- [TimeWise Student Workbook](#) 16-17 for older Elementary students (and themes for younger).
- Teacher Manual - Transparency 4

Timeframe:

25–30 minutes **Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple sessions.

Example Conversation Starters:

- “How do you feel when you’re bored?”
- “Where do you feel boredom in your body?”
- “What is your brain telling you when you're bored?”

Materials:

[Check out Zones of Regulation](#)

See Workbook and Transparency pages below.

Activities:

- Feelings Check-In: Invite students to describe what boredom feels like physically or emotionally.
- [Zone Match](#): Identify which emotional regulation zone boredom might belong in and why. *Green – calm, ready to learn; Blue – relaxed or resting; Red – angry or out of control; Yellow – too silly or distracted*
- Draw or Journal: “Draw your ‘bored face’ and then draw what you wish you could be doing.”
- What can you do in a situation that is boring? How does the change in situation impact impact how you feel?
- Group Discussion