



PROGRAMME 6: **BOREDOM**

AIM

The aim of this lesson is for children to seek and devise different ways to keep themselves occupied, interested and enthusiastic in their spare time.

LEARNING OBJECTIVES

Children will:

- develop an awareness of their own resourcefulness in a variety of situations
 - understand the difference between work and play
 - develop strategies to encourage self-reliance and initiative during the day
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SKILLS

- Communication
 - Co-operation
 - Self-management
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MATERIALS

- DVD 1 episode 'Boredom'
 - Coloured sticky notes or strips of paper
 - Large paper, scissors and glue
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VIRTUES

- Self-reliance
 - Responsibility
 - Patience
 - Perseverance
 - Initiative
 - Imagination
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LESSONS (Adapt for Juniors)

View the episode 'Boredom' on DVD 1 before the lesson. See CD Rom for printable worksheets.

1. Ask the children why people need to have work and play in their lives. Discuss various reasons why work is important to complete and why we need to have relaxation or fun times in our lives.
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2. Fun Activity Sheet

In groups of four or five, children can brainstorm and agree on different activities they would like to do while travelling in the car, holidaying, at home or at school.

Each group is given strips of a specific coloured paper or sticky notes. Once children have agreed on good ideas for what they would like to do when they think they are getting bored, they should write their ideas on the strips and stick or place them under the following headings for all to see. The teacher should hold a discussion and note down the ideas and activities the children came up with. The Fun Activity Sheet can be placed on the wall for display.

SCHOOL	HOME	CAR	HOLIDAY
Board games	Board games	I-Spy	Swing ball
Play tiggy outside	Read	Sing	Cycle
Read a book	Write a letter	Count coloured cars	Fish
Play dress-ups	Write an email	Count those wearing seatbelts	Cook
Draw	Play with dolls	Play car board games	Board games
Make paper shapes	Play with a ball	Name landmarks	Tramp
Play bingo	Cook		Explore
Play noughts and crosses	Treasure hunt		
Play cards	Dance		

3. Drama – 'What are you doing?'

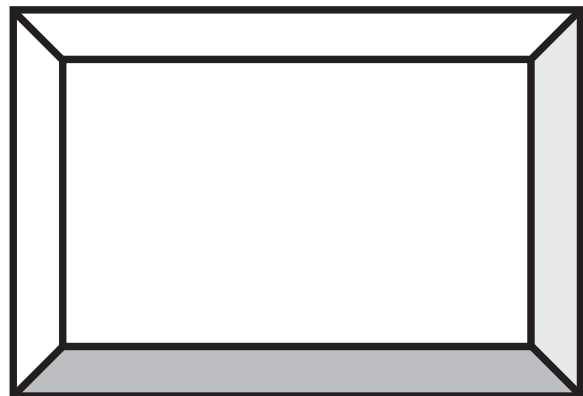
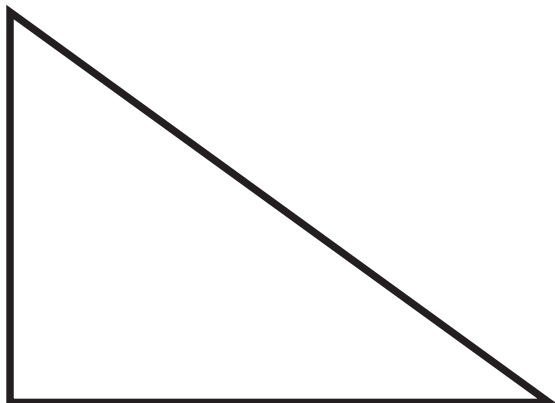
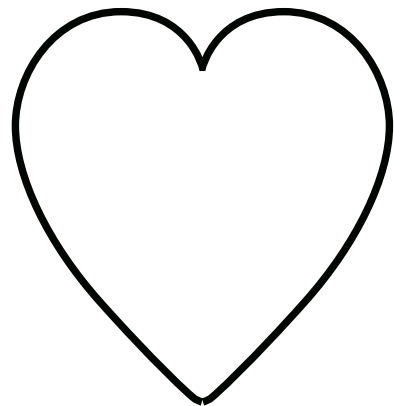
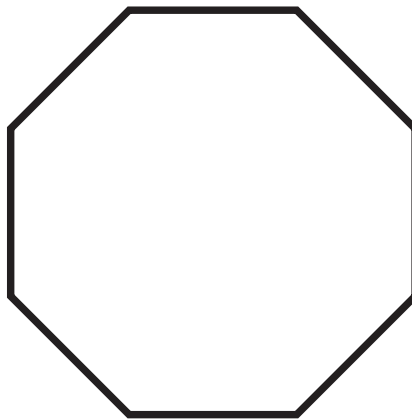
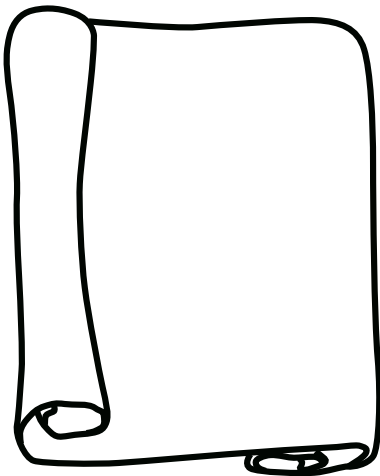
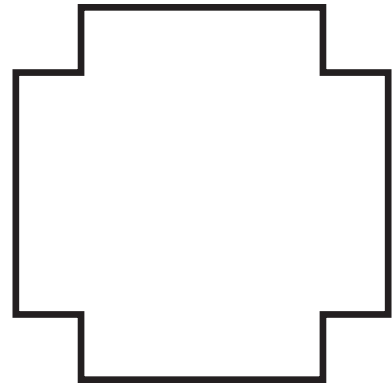
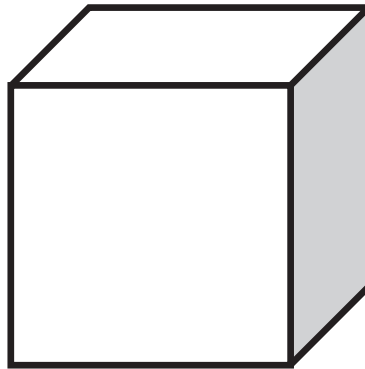
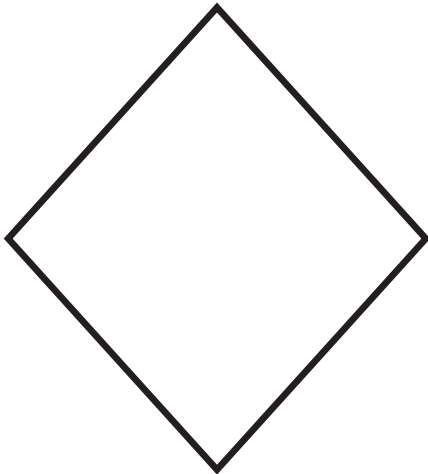
Arrange the children in a large circle and ask one of them to get up and perform an action of an activity listed above, while they are at home (playing with a ball). Any other child in the group can ask 'What are you doing?' The first child will call out an activity like "I am reading a book", other than the activity they are miming. The child who has asked "What are you doing?" gets up and taps the first child on the shoulder and the first child sits back in the circle. The second child now does the action the first child stated "reading a book." A third child calls out, "What are you doing?" and the process carries on until all or most of the children have performed an action to cure any ideas of boredom at home.

4. Complete the Boredom Buster Poster worksheet. Display posters on the classroom wall.
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BOREDOM BUSTER POSTER

Name: Date:

In the different shapes below, write ideas of things you can do either at school or home that will keep you occupied and happy. You can cut out and paste the shapes onto larger, colourful paper and/or decorate to your own desire. You can laminate your poster for your class wall or bedroom wall.



SUPPLEMENTARY ACTIVITIES

Art/Language

Make mobiles, charts, posters or booklets listing activities for when children get bored and need something to do.

Maths

Survey children on tasks, activities and ideas for things that they do at home, on holiday, in the car and at school. Summarise the findings and put the information on to a chart for the class to see.

Oral Language

Children can talk about any hobbies, sports or performing arts activities in which they participate after school. They can discuss what a typical session would involve.

Passion day: Have a passion day where children come to school with their favourite task, toy or activity that they enjoy doing by themselves, at home.

Reading

Talk to a range of adults: teachers, parents, grandparents and relatives about the things they did to prevent boredom when they were children, or before there was television, DVDs or computer games. Summarise the information into a non-fiction book for children to read during reading time.

Topic

Have a range of games, board games, poems, books, maths, reading and language activities, dress-up clothes, puppets, paper, pens and markers. Give children a chunk of the afternoon to explore different activities they would not normally undertake. Have them discuss what they liked the best.

What's your favourite game? Have children invent a new game they can play while travelling in the car or walking home. But this must be done using only their imagination.

Have children interview an adult/older brother or sister and see what they do to stop feeling bored.

Written Language

Write a letter to a relative, friend or your mother and father and tell them how wonderful they are or have been to you.

Write an acrostic poem on BOREDOM using activities and ideas to overcome your boredom.

What did Constable Bryan & Bobby do to stop being bored? Have children write a story with Constable Bryan & Bobby creating new ways for Bobby to not get bored.
