

The Positive Power of Boredom



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Kids today rarely feel boredom.

Endless screens fill every gap.

But boredom is where imagination lives.

Without it, creativity withers.



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Boredom boosts productivity.

When the mind wanders, new connections form.

One study found mind-wandering increases task completion.

The pause is what powers progress.



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Boredom protects mental health.

Constant stimulation wires stress.

Stepping away from devices gives space to reset.

Stillness teaches the brain to regulate.



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Boredom fuels creativity.

University of Central Lancashire researchers found this:

Boring tasks before creative ones led to higher originality.

Imagination needs silence to grow.



**We are raising a
generation of kids
who don't know how
to be bored.**

And studies show
it's making them way
more anxious

They are busy with sports
and activities after
school and then screens
when they are home. We are
constantly keeping them
entertained thinking that
we are doing a great job
by keeping them busy

**But this is stealing something
so important...**

White space.

**It's a time without
structure or stimulation
in their day.**

It helps kids process
emotions, strengthens
creativity and regulates
their nervous system.

**When they are left without this
they feel more anxious when
things are quiet, and they can
start to depend on external
stimulation to feel okay.**

Here's what you can do to help:

- ✓ Protect white space in
the day (even just 30 min)
- ✓ encourage them to explore
without needing an outcome,
goal or reward
- ✓ Resist the urge to fill
every gap.
- ✓ Don't feel guilty for a
quiet day.