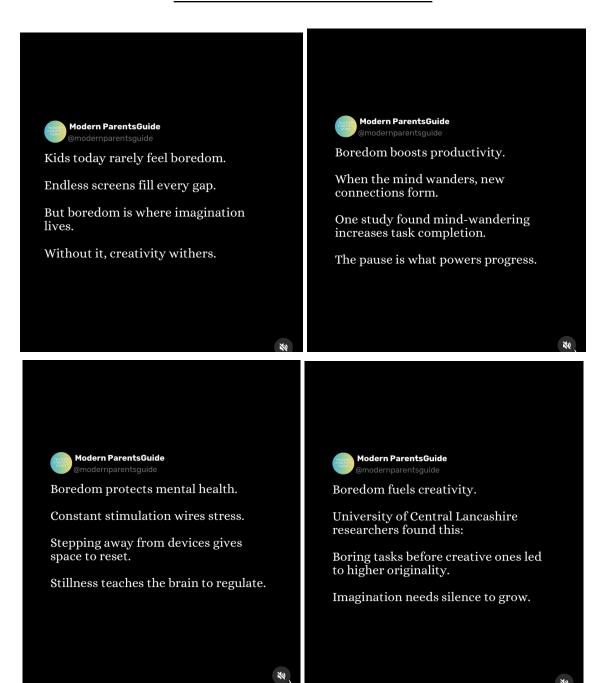
The Positive Power of Boredom



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...

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.

White space.

Its a time without structure or stimulation in their day.

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

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.