

Dear Families/Caregivers,

Your child's belief in his or her ability to learn has a greater impact on academic success than his or her intelligence. Helping children develop a growth mindset, positions them on a path for success.

We are learning that boredom usually means something else like something is difficult, we are getting tired of doing something, we feel a little lonely, we need some change in our life or we need to get some exercise. We are learning strategies like these to help us move beyond boredom:

- Do a little more.
- Ask for help.
- Take a break.
- Activate the imagination.
- Connect with others.

Your child probably says that he or she is bored sometimes. Help him or her beat boredom by creating a list of things that he or she can do when he or she feels bored. Next time you hear "I'm bored," ask him or her to pick a Boredom Beater and to do that activity.

Additional activities that you can do with your child:

- Have your child create a daily schedule that includes breaks, exercise, activities that he or she enjoys, and time that he or she gets to spend with others.
- When your child says that he or she is bored, ask him or her to identify why he or she is having that feeling and to figure out what he or she might need to stimulate his or her brain.

Learning to activate the imagination and think of things to do when we feel boredom helps build curiosity, independence, and creativity.

Sincerely,

Your Child's Teacher