

HOME CONNECTS



Social-Emotional Learning Objectives:

- Battling the sense of boredom with a board game.
- Inventing a hand game to teach and perform.
- Stepping out of the box to expand my mind and create.

Let's Chat Conversation Questions:

- Give us creative examples of how to stop boredom.
- If you could experience something you've never done before, what would it be?
- Draw an art doodle. Tell us a story about your drawing.

Respectful Ways Q&A:

Q: How can you reduce boredom?

A: *Listen to music, build structures, play games with your family, write a song or poem, create a scavenger hunt or obstacle course for friends, draw a new cartoon or character for a story, etc.*

Q: What are the benefits of boredom? Explain!

A: *Boredom is forcing you to think and imagine, motivating you to change your routine, telling you to do something inspiring and creative, etc.*

Home Connects Activity Ideas:

- You learned about boredom and strategies to reduce it. Sit with family members to compose a list of activities to do at home. Remember, no need to tell family members you're bored or have nothing to do. Once you sense boredom, refer to the family list!
- Sit with family members and practice imagining and creating. Tell stories, sing, dance, build, and create any type of game. Every day you practice, you strengthen the creative mind.
- You stepped out of your box in school. Read the following poem to family members:

Stepping Out Poem

ME, ME – I am free, I am free from monotony.

Stepping out for you to see my mind at work creatively.



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