

# Alleviating Boredom

WITHOUT LOSING SIGHT OF EDUCATION GOALS



## Three ways to turn everyday activities into learning opportunities:



### Get moving! Take an educational walk

Movement itself is a great way to prevent boredom. If a student loses interest in a specific subject, incorporate it into the walk.

Some examples:

- **Reading:** Read as many words, signs, numbers as possible.
- **Math:** Calculate how far you walked: convert feet to miles; count steps as you walk.
- **Writing:** Use your 5 senses: bring a clipboard and write down what you saw, heard, smelled or felt.
- **Science:** Observe nature: What plants do you see growing? What animals in different habitats do you see?
- **Social Studies:** Draw a map of your walk: Include your house, street names, a map key, and a compass rose.



### Incorporate chores into daily routines

- Have students help prepare lunch or dinner: Read recipes; make a list of and measure ingredients; double/half recipes; and calculate baking times.
- Making a grocery list is great for handwriting and daily living skills.
- Have students earn money for chores! Have them calculate how much money they can earn and save.



### Play games

- There are many card games you can play with younger students to reinforce number sense such as Go Fish and War.
- Play board games and give students multiple learning opportunities by counting dice and by counting how many spaces to advance.
- Encourage games that involve critical-thinking or problem-solving skills at any age level.