

Student Support

Helping you and your child thrive during COVID-19

Week of May 18th 2020

COPING WITH BOREDOM

How to mix it up and keep things from getting too mundane.

Keeping a stable routine is extremely important for children. [Routine](#) creates consistency, a sense of safety and teaches children how to balance tasks throughout their day. While having a routine can be an invaluable tool during challenging times, endless repetition can start to feel boring and even pointless.

To combat routine fatigue, try the following:

1. Set aside hobby time.

Build variation into your daily routine! Set aside an hour each day that is reserved for doing a different hobby or activity. Use strips of paper to write out possible activities – such as painting, doing a puzzle, or baking – and throw them all in a bowl. Each day during hobby time, have your child reach in the bowl to pick one activity at random.

2. Try something new.

Now is the perfect time to experiment with something you haven't done before. Encourage your child to help you try out a new recipe, try their hand at painting or a DIY project.

3. Rearrange.

Children spend a lot of time in their room; it's their private space to unwind and play. Allow your child to have some creative liberties over their bedroom (within reason!) Rearranging furniture, changing up the paint color, or even adding some new posters can help keep their personal space from feeling "stale" or unwelcoming.

Feel good story of the week:

A 15 year old girl named Erin Sloan was bored being stuck at home, so she turned her bedroom walk into a climbing gym!

<https://www.goodnewsnetwork.org/bored-teen-builds-climbing-wall-in-quarantine/>



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4. Go on a virtual field trip.

Many museums and parks are now offering free, virtual tours! Have fun checking out some cool locations while also learning. Check them out here:

➤ National Museum of the United States Air Force

The official [virtual tour](#) of the National Museum of the United States Air Force includes a stroll through the cockpit as well as models of America's earliest aircraft.

➤ Smithsonian National Museum of Natural History

Have your own night at the museum—pun intended—with this [interactive tour](#) that leads you through the winding hallways of the world's most interesting historical artifacts.

➤ Winchester Mystery House

Built by Sarah Winchester in 1884, this spooky house features stairways to nowhere and bricked-up doors. You can find the full video tour, complete with a guide, on the [Winchester Mystery House website](#).

➤ Legoland Florida Resort

This [virtual tour](#) of Legoland in Florida is just like actually being there. Marvel at everything that can be done with the blocks, and definitely invite the kids to the couch for this trip.

➤ Walt Disney World

If you're missing Disney as much as we are, this [360-degree panorama](#) is just like a walk through Epcot, Magic Kingdom, Animal Kingdom and more.

➤ Houston Zoo

Plenty of habitats at the Houston Zoo include a [live webcam](#), so you and the kiddos can enjoy watching every four-legged creature frolic, from gorillas to rhinos to ants.

➤ National Aquarium

The National Aquarium in Baltimore offers an [interactive virtual tour](#) of all of their exhibits, one floor at a time. Warm up with tropical fish or cool down with penguins in the snow