Name: _____

Circle the bored picture.

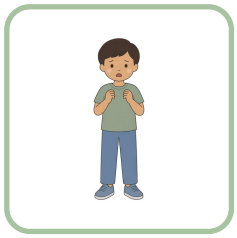
Look at the pictures. Circle bored.

1





2





3





4





Trace the word.

Trace the word bored.



bored

bored

bored

Name: _____

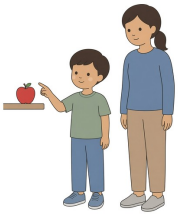
Things that help bored: cut and glue.

Cut out the pictures. Glue them in the help box.

Glue here.

✂ Cut on the dashed lines.



How does bored look for you?

How does bored look for you? Circle your ways.






my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











- slump
- draw
- wait
- sigh
- fidget

Fill in the word.

Pick a word from the box. Write it in the space.

sighs · long · draws · early



1. Sam _____.



2. The shop line is _____.



3. Sam _____ a picture.

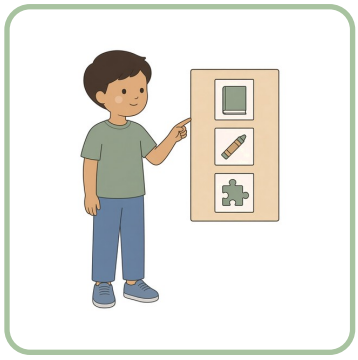


4. Sam finished _____.

Name: _____

First, next, last.

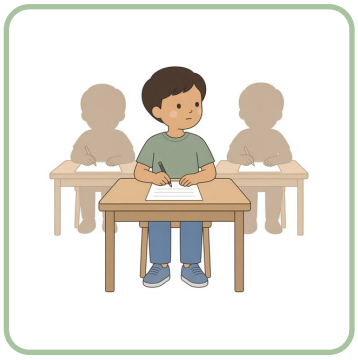
Put the pictures in order. Write 1, 2, 3.



Sam picks from the choice board



Sam feels bored



Sam finishes early

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Waiting can feel boring.

2. Bored means I am naughty.

3. A fidget can help bored.

4. Bored lasts forever.

Name: _____

My bored box.

Draw or write three things to do when bored.

When I feel bored, I can...

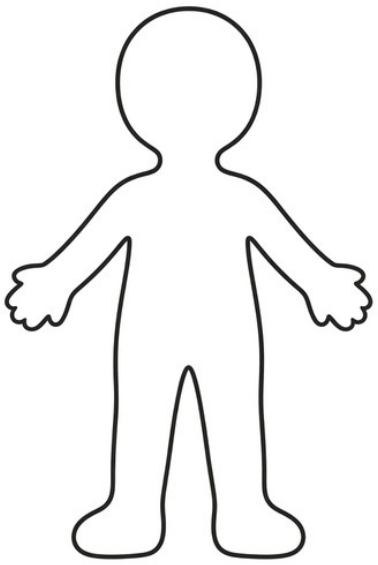
1

2

3

My body and bored.

Where do you feel bored in your body? Color it.



- ☐ heavy body
- ☐ wiggly legs
- ☐ sighing
- ☐ want to move
- ☐ want to talk
- ☐ sleepy
- ☐ grumpy
- ☐ my own way:

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “I wait at the doctor's office.”

2. “I finish my work early.”

3. “Lee is bored.”

Today.

Today I felt bored when...

What did I do?

Bored · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam bored; row 2: sigh; row 3: slump; row 4: car-ride
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: sigh = sigh; slump = slump; store-line = wait; sam fidget = fidget; draw-picture = draw
D2: 1. sighs; 2. long; 3. draws; 4. early
D3: 1. Sam finishes early; 2. Sam feels bored; 3. Sam picks from the choice board
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Boredom is often a sign the brain needs more input or the wait is too long. It is not misbehavior.
- Pack a small "waiting kit" (fidget, book, crayons) for lines and appointments.
- A choice board helps when a child finishes early or does not know what to do.
- Short, visual waits (timers) feel shorter than open-ended ones.
- Fidgeting and moving while bored are self-regulation, not rudeness.
- Teach a few simple waiting games: looking games, counting colors, humming.