Opportunity Mindset Tips
Transforming Challenges into Possibilities

“Whenever we’re home for a while, my child starts saying, “I’M BORED!”

CHALLENGE
“How can I help my child find an activity they can do on their own?”

CHOICE
You can decide how to think about this moment and how to respond. You can choose to see this challenge as a chance for your child to learn and grow.

OPPORTUNITY
You can help your child discover things that interest them. As their interests grow, they can develop the skill of Self-Directed, Engaged Learning. By building this skill, you are helping your child become a lifelong learner.

SKILL-BUILDING STRATEGIES

1. TAKE YOUR CHILD’S VIEW
   TRY TO FIGURE OUT why and when your child feels bored. Are they tired? Are they coming off of screen time and “can’t find anything else to do?” Do they expect others to entertain them? Knowing what triggers boredom can help you address it.

2. SHARE REASONS
   EXPLAIN YOUR POINT OF VIEW.
   Let your child know being bored and then figuring out what to do can help them find interests they enjoy. You can also model curiosity by sharing your interests with them and showing them how you learn more.

3. PROVIDE CHOICES
   SET LIMITS and give your child options within those limits. You can say, “I wish I could spend all day playing together. Since I can’t do that, let me help you figure out what you’d enjoy doing on your own. Would you like to choose the next activity, OR would you like a suggestion?”

4. PROBLEM-SOLVE TOGETHER
   INVITE your child to think of activities they enjoy and subjects that interest them. In a calm moment, you can make an “Anti-Bored List” or “10 Things to Do When I’m Bored List.” List their ideas and keep adding to them. Post the list and have them refer to it when they feel bored.

5. SCAFFOLD
   BUILD ON the progress your child makes. When they feel bored, remind them of what they did last time and ask for other to-do ideas. When they find an activity to do on their own, let them know you appreciate that. Engage your child in conversation about the things that interest them. When they offer you a fact or observation, encourage them to learn more with you.

An Opportunity Mindset means choosing to see a challenge as a chance to learn and grow.

Self-Directed, Engaged Learning uses executive function skills. These are skills like reflecting on an experience or situation, setting goals and working toward them, and being flexible in how to learn something. When children ask questions and then seek answers, they are building the skill of Self-Directed, Engaged Learning. For more information visit: www.mindinthemaking.org

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