**Enjoy your boredom**

无聊有时也不是坏事呢！

It might be a surprise to hear that being bored sometimes is good for kids. But it’s true.

Boredom can help you kids be present and understand the world around you. One of the great things kids have is curiosity (好奇心) about the things that adults **take for granted**, like the colors of a butterfly and the noises of a truck. Making those discoveries is how you learn. If you never get bored, you never discover how interesting the world really is.

Kids’ brains need to stay active, but they need downtime (休息), too. To leave space for downtime, you can schedule (为……安排时间) it with your family. It is helpful. Make sure that you have a couple of afternoons or evenings per week when you don’t have an organized activity.

Boredom can help you be creative, too. **Thinking out of the box**can help you solve problems that seem small to adults, but are huge to you. If your schedules and brains are always filled with activities, you’ll have no need to imagine a story, wonder how things work, etc.

Of course, being bored all the time isn’t healthy. Where’s the line between too much boredom and not enough? It’s different for every kid and every family, and it may take some time to find out where your line is. It can be hard to be bored. But it will achieve something else important: developing you into interesting, funny, thoughtful people who can have dinner time conversations and deal with long car rides. That’s good for you and your family.

**【记一记】**

1. take ... for granted (因视为当然而)不把……当回事

2. think out of the box  跳出框框想问题；另辟蹊径