Remote Learning Assignment

How boredom can lead to your most brilliant ideas

Please Note: This assignment can be completed over a series of several days.

Step 1: Using descriptive language (and figurative language if you can -simile, metaphor, personification), describe how bored you are. Have fun with this prompt and be creative!

Step 2: Watch this TED Talk <https://www.ted.com/talks/manoush_zomorodi_how_boredom_can_lead_to_your_most_brilliant_ideas/>

Step 3: Answer the following questions.

What is the title of the TED Talk?

Who is the speaker?

When was this TED Talk published?

How many views does this TED Talk have?

What is the main idea or purpose of this TED Talk?

Who is the intended audience for this TED Talk?

The TED Talk opens up with an anecdote. Why is this a good hook for the TED Talk?

What happens with our brains when we get bored?

Explain how and why being bored might actually be good for people.

Step 4: Bored and Brilliant Challenge

How long can you go? Can you go without your phone for an hour? Two hours? Three hours? An entire day? Be bored and avoid technology. Let yourself be bored for some time and try to unlock your creativity. To start this challenge, take a note of the time and go for as long as you can. Also, review the boredom matrix to think about what you can do.

Time Start:

Boredom Matrix: How many of these can you accomplish when you are bored? Put away the phone, devices, Chromebooks, and computers and just BE!

Reflect about past decisions and choices.

Think about different ways you can make your current situation more positive.

Envision your ideal life 5 years, 10 years, 15 years, and 20 years from now.

Set short-term goals for yourself and think about how you can accomplish them.

Set long-term goals for yourself and think about how these goals will help you achieve your ideal life.

Let your creativity flow! Write a poem or song.

Let your creativity flow. Write a short story or memoir.

Let your creativity flow. Create something (art, music, build something)

Service. Empower yourself through service. Ask someone in your home what you can do to help them at the moment.

Time Finish:

Reflect. What did you learn about yourself when you were bored?