

Name _____

The Boring Day Blues

How many times have you said, "I'm bored"? Bored is a commonly used word, especially among young people. When you say that you are bored, what do you really mean?

- 1.** *"There's nothing to do that's fun."*
- 2.** *"I'm lonesome."*
- 3.** *"I don't know how to be a part of what's going on."*
- 4.** *"No one asked me to join in."*
- 5.** *"I have too much homework and don't know where to start."*

If you focus on the real meaning behind your response, you will be in a better position to do something about it. What remedy or remedies would you give for each of the above statements? Make a list on the writing lines below, and save your list to look at the next time you feel like saying, "I'm bored."

1. _____

2. _____

3. _____

4. _____

5. _____
