



I'm Bored!



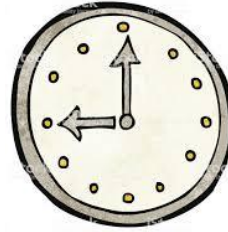
Sometimes, I do not know what I
want to do



Sometimes, I do not want to do the
things I should do



When I feel like this, this is “boredom” or
“feeling bored”



Sometimes when I am bored, I may want to
end an activity in my routine early



Boredom is different from being tired



Boredom is different from feeling
hungry



Boredom is boredom



I can tell someone I am bored
and they can help



It is okay to be bored.



But I can also think of different activities
to do so I will no longer be bored.