

WELLBEING ISSUE 3
#3 The Boredom Jar

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wellbeing

OEG Challenge #3 The Boredom Jar

As we enter a new month of lockdown and uncertainty about when we might be able, once again, to meet up with friends and family in the real world, we are all still battling with health worries, for our loved ones and ourselves. On top of this, most people are also becoming increasingly concerned about their financial situation, whilst juggling home working, home-schooling and care for vulnerable family members.

Remember, it's okay if things don't always feel okay at the moment and to be a bit wobbly. It's also important to keep reminding yourself that you can only do your best, and you don't need to make every day a five-star service. Hopefully this week's challenge will help to keep everyone calm and entertained.

The Boredom Jar

- Make a boredom jar, box, bag or hat for each family member. You can decorate these however you want to.
- Get everyone on your household to write on slips of paper what their favourite indoor or garden-based activities are. If you have younger children get them to tell you their ideas and help them to write them down.
- Everyone puts their ideas into their own jar.
- In moments of boredom or struggle, invite them to choose something they know they enjoy doing.
- You can also add variations to this idea:
 - Randomly choose a member of the family each day or assign a day to a person and let them pick an activity from their jar
 - Have one big jar for the family. Each day a different person gets to pick out a random activity for everyone to do.
 - Even if you live alone, you can still make a jar. Choose an activity daily or if you start to feel wobbly.



This week's challenge again combines all the Five Ways to Wellbeing:



This challenge will mean you have to talk to and connect with your family. For some activities you might even be able to connect with others via Facetime etc and do the activities at the same time as them. Doing the activities together helps everyone know others are there for them.



Obvious, but important. Doing things together involves us giving our time to each other and will boost wellbeing, unless of course we maybe lose the game!



Focusing on each other and noticing when others may be having a wobbly moment or are just bored. Playing and doing activities together and thinking about how it makes you feel will also help to boost your wellbeing.



Depending on what the rest of your family chose, you may end up learning new things- the lyrics to your child's favourite song, or maybe just how bad you are at computer games.



This depends on the activity chosen, but if you have a fitness fanatic in the family, be prepared to be active on their picks.

Some ideas to get you started:

- Depending on the age of those you live with activities could include drawing, painting, crafting, making playdough, dressing up, baking or cooking, watching their favourite film or playing a video or board game with you.
 - Search online for free activities your family can join in with virtually – helping them stay entertained and giving you opportunities for a quick break. You can find free online classes in dance, P.E. workouts, science, yoga and more.
 - Activities can also be garden based, or a form of daily outdoor exercise.
- Don't forget to post your ideas and efforts to inspire others.*