

DAY 4: Five Days of Freebies

Dear Parents,

'Tis the season of giving, so we wanted to share some stories and articles with you from our *Tuttle Times* magazine along with a couple activities and parent articles from our magazine's Plus Pack.

This year, we talked about compromise, political parties, competition, being a changemaker, boredom, collectivism, happiness, strong communities, and more!

Today's freebie is a story about boredom. While it can seem like torture to kids, it really is a good thing and can lead to so much fun!

We hope you enjoy today's content, and you can find the other three freebies on [our blog](#). There will be one more freebie tomorrow! Check our social media or blog to find it.

Strong families are what will change the world. We hope that the dinner table conversation starters empower you and expand your children's knowledge and understanding of how the world works.

—The Tuttle Twins team



If you want your child to enjoy the *Tuttle Times* magazine every single month, be sure to sign up before December 20, so you receive our January issue—all about tariffs.

We have big plans in 2025 for our magazine, so [subscribe today!](#)

Story Overview + Dinner Table Conversation Starters

Story Overview

The twins are visiting their Nana for a long weekend. She has a breakfast meeting and overhears them saying they are bored as she heads out the door. She tells them it sounds exciting and to have fun.

Despite their initial confusion, they begin exploring Nana's house and yard. Ethan uses his imagination and immerses himself in a historical role-playing adventure. Emily discovers the beauty of nature while observing bees and butterflies. Then, they both make origami.

When Nana returns and hears about their fun, she explains the importance of boredom in sparking creativity and encourages them to let it guide them toward inspiration instead of turning to a screen. The twins learn the value of embracing boredom.

Dinner Table Conversation Starters

- If you were bored right now, what are some items in this room that you could observe and learn more about?
- What are some of your interests that you wish you had more time to explore and practice?

BRING ON THE BOREDOM



“I’m bored,” Ethan groaned.

“Hello, Bored, I’m Emily,” his twin sister joked. “But seriously, so am I. There’s nothing to do.”

The twins were visiting Nana for a long weekend. They had big plans for later, but first they had to entertain themselves.

Nana had a brunch meeting with an old friend who was considering opening a new business. Nana wasn’t just an incredible grandmother—she was also a sharp entrepreneur, so friends often sought out her wisdom before launching a new business.

Hurrying out the door, Nana overheard them complaining. “Did you say you are bored? How exciting! Have fun!”

As the door closed, Ethan and Emily stared at each other, confused over their Nana’s response. “Maybe she didn’t hear us correctly,” Emily said.

“That has to be it,” Ethan added. They began wandering around the old house trying to figure out what to do.

“If we were at home, we could watch TV,” Emily said. “But Nana doesn’t have a TV.”

“I could play a game on Mom’s phone,” Ethan said. “I don’t even think I could figure out how to make a call on Nana’s old-fashioned phone.”

Emily paused outside the entrance to Nana’s huge back porch, which had been converted into a craft room. It was cluttered with theater props and eclectic items collected over the years.

Ethan walked past Emily and a couple of mannequins wearing half-sewn costumes. “Well, we don’t have any of our stuff here, but Nana does have a huge bookshelf to explore,” Ethan said.

“Do you see anything interesting?” Emily asked.

“Hey, here’s a book about famous sea captains,” Ethan said. He hopped on an antique bumper car and acted like a sailor guiding a ship. Opening the book to a random page, he said, “I am... Oliver Hazard Perry, Hero of Lake Erie!”

Emily shook her head and smiled, realizing they hadn’t really played using their

imaginations in a while. “Well, Captain Perry,” Emily said, “where are you headed?”

“I’m...” Ethan paused to scan the page, “off to fight the British Royal Navy at Lake Erie. ‘If a victory is to be gained, I will gain it.’”

“I hope you win,” Emily said. “I’m going to the backyard to find something to do there.”

“Is my bravery not enough to entertain you? It’s a life-and-death situation,” Ethan said.

Emily laughed, grabbed a feather boa, and placed a fancy blue hat on her head as she went out the back door.



Emily lay on the ground and looked up through the tall blades of grass at the empty yard. *Boring*, she thought.

Then, she noticed something—a bee wiggling on a beautiful poppy. She was so close that she could make out all of the bee’s details. Then it flew over to a bunch of snapdragons along Nana’s fence.

A couple of butterflies were dancing through the air. As they flew higher, Emily noticed the wispy clouds moving ever-so-slowly across the blue sky.

The time slipped by as she got lost in her thoughts, imagining

what it would be like to be a butterfly, flying around the neighborhood with such an important job, pollinating plants like the bees.

Just when she realized that she had been daydreaming for quite a while, a butterfly landed right in front of her nose on her feather boa. “Hello, fellow butterfly,” Emily whispered.

The conversation between the two “butterflies” abruptly ended when Ethan came outside wearing an elaborate captain’s costume he had been making and holding a megaphone. “Ahoy, Emily!”



“Ahoy, Ethan... I mean Captain Perry,” Emily said. “So how was your bumper car voyage?”

“I don’t know what a bumper car is. It’s the year 1813, after all,” Ethan said, staying in character. “I just won the Battle of Lake Erie against the Royal Navy. It was the War of 1812—but the battle was in 1813. It was a tough battle. My ship was nearly destroyed, but we didn’t give up. We fought until the British surrendered.”

“Wow! That’s impressive,” Emily said. She glanced at the craft room and had an idea. “Ethan, did you see that box of origami paper on the craft table? I want to figure out how to fold a butterfly.”

“That sounds fun!” Ethan said. “I’ll make an origami version of my ship, the *USS Lawrence*.”

Not long after, Nana was home. “So, what did you do with your boredom?” she asked.

“Look what we made!” Emily said, holding up her first attempt at a butterfly.

“Well isn’t that delightful! Have you been making origami the whole time?” Nana asked.

“No, we just started,” Ethan said, still folding.

“I hope you didn’t just sit around bored the whole time,” Nana said.



“No, not at all,” Emily said. “I was imagining myself as a butterfly. And then one landed on the feather boa I was wearing, and it was so cute.”

“Wow, that sounds fun,” Nana said. “What about you, Ethan?”

“Who’s Ethan?” Ethan asked. “I’m Captain Oliver Hazard Perry, and I won many battles in the War of 1812.”

“Oh, my!” Nana said. “You did it in a top hat? Where’s your ship?”

Ethan laughed, holding up his origami ship. “Oh, I found a sailor hat, but after I won the battle, I tried on some hats. I think this top hat makes me look dapper.”

Now it was time for Emily and Nana to laugh. “Tell me this,” Nana said. “Aren’t you glad I

didn’t give you any ideas of what to do when I was gone?”

The twins nodded. “Wait, so you *did* mean what you said when you left.” Emily said. “How did you know we were going to have fun?”

“Because that is how boredom works. It’s a very important feeling that comes right before you have a spark of inspiration and creativity—but it only works if you don’t look to something else to take your boredom away.”

“Like a TV show,” Emily said.

“Or a video game!” Ethan added.

“Exactly. Let boredom guide you!” Nana said.



Word Search

Find and circle the words about boredom listed below—across, down, and diagonal. Have fun!

H W M G H V O X J O R F P F T W K O F Z
V F D L F P T Y F E U L H E L T F R P J
J Q D F A E B O A N Z A A F F R I R Y D
Y A V N I N D E P E N D E N T V V I E E
H N C E T P O W E T K G I K G O B T U M
R L R O S K Q X T Y Z K I N F T K U S O
E L D W N O O I I H V L X O S E F X A C
P W F N J V N H A J R Z W M C R I U F R
U A P D E L E G A T E S F Z L A G Z H A
B I V V X N E N Y Q X L F C B B U V N T
L M Q Z L W J I T U N Q E M P J B C X I
I L I B E R T A R I A N A C A Z Q Y U C
C A N D I D A T E D O K S M T N R O K S
A Z N J X G P U Z F X N F P R I M A R Y
N Q W T A B W Z C D J W A R T B O E C M
I K U H D E J S K Y H G P A R T Y N D X

WORD BANK

adventure

creativity

imagination

playing

boredom

exploring

inspiration

screens

chores

friendships

learning

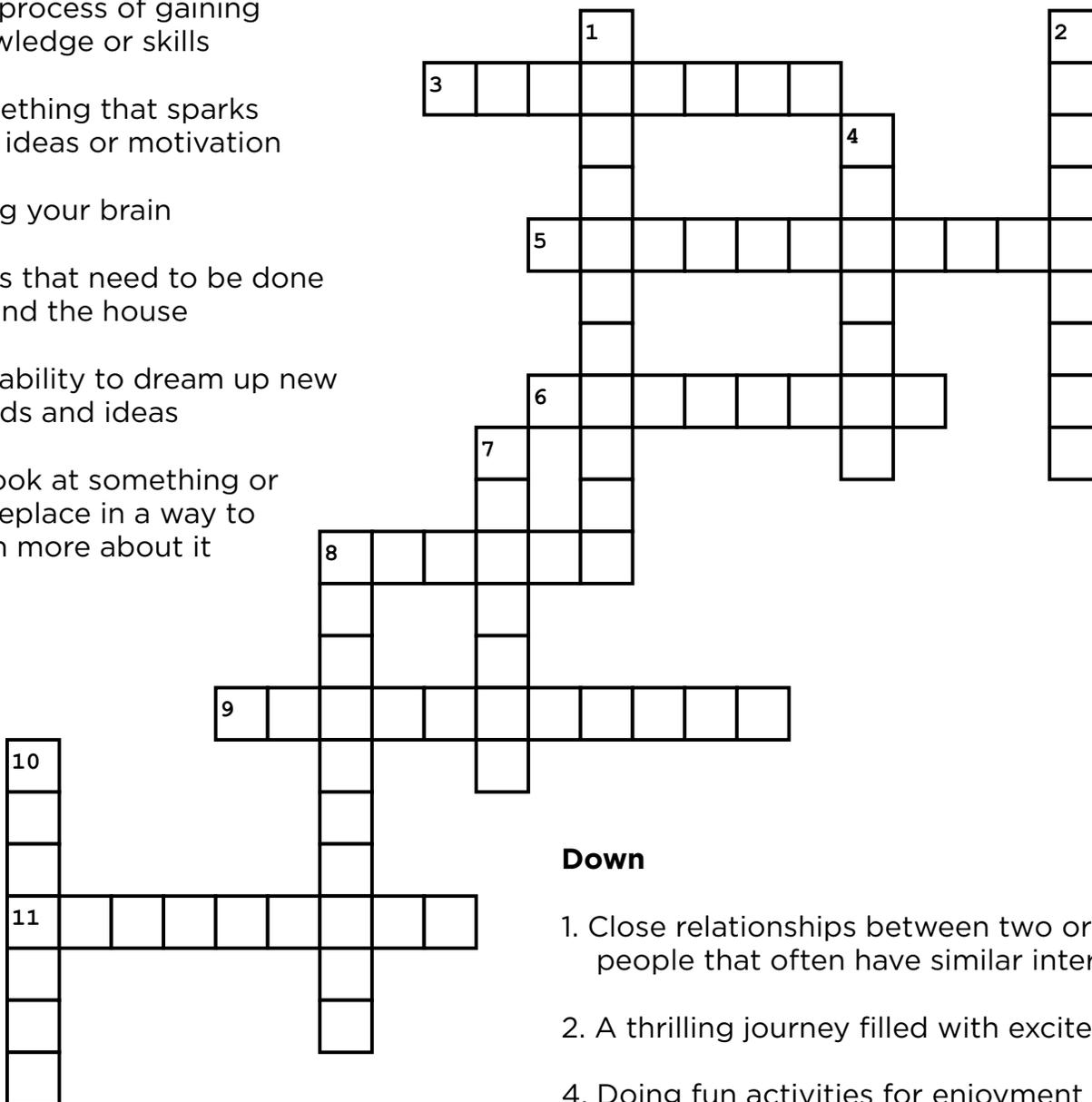
thinking

Crossword Puzzle

Using the clues provided, fill in the crossword grid. If you need a hint, check out the Word Search word bank. Happy puzzling!

Across

- 3. The process of gaining knowledge or skills
- 5. Something that sparks new ideas or motivation
- 6. Using your brain
- 8. Tasks that need to be done around the house
- 9. The ability to dream up new worlds and ideas
- 11. To look at something or someplace in a way to learn more about it



Down

- 1. Close relationships between two or more people that often have similar interests
- 2. A thrilling journey filled with excitement
- 4. Doing fun activities for enjoyment
- 7. The surfaces of phones, tablets, and TVs
- 8. The ability to make art, solve problems in new ways, or come up with new ideas
- 10. That feeling you get when you're not interested in what's happening

Make a Boredom Jar

Next time boredom finds you, be ready for it. Create a boredom jar to give you reminders of how to let boredom guide you to explore, to imagine, to create, to learn, or to be productive.



Materials: Jar/container, paper, decorations



1. Find a jar or container.
2. Decorate it by painting it or adding stickers.
3. Cut a sheet of paper into 10 pieces.
4. Write ideas you can do when you are bored. Here are a few ideas: Observe the world around you. Use your imagination. Be creative. Learn something new. Do work or chores that need to be done.
5. Fold the pieces in half or fourths, and put them in the jar.
6. Cut another sheet of paper (a different color if you want) into 10 pieces. Keep these near your boredom jar to write questions you want to learn about when you have time. Add those to the jar too.

When boredom strikes, pick a paper out of the jar, and have fun!

TUTTLE TIMES



A monthly magazine for kids



For Parents: Allowing Kids to Experience Boredom

It's common for many parents to fill their children's schedules with activities to keep them constantly busy and entertained. However, there's a valuable lesson that often gets overlooked: **the importance of allowing children to experience boredom.**

While boredom may seem like a negative experience, it actually plays an important role in a child's development. Here's why embracing boredom can be beneficial for your child:

1. Stimulates Creativity: When children are left to their own devices without structured activities or entertainment, they're forced to tap into their imagination to find ways to entertain themselves. This freedom from constant stimulation encourages creativity and innovation as they come up with new games, stories, and activities.

2. Builds Resilience: Allowing children to experience boredom teaches them to tolerate temporary discomfort and overcome challenges on their own. Instead of relying on external sources of entertainment to alleviate boredom, they learn to adapt, problem-solve, and find fulfillment from within themselves.

3. Encourages Independence: Constantly keeping children entertained can hinder their ability to self-regulate and entertain themselves. By giving them the space to experience boredom, parents empower their children to become more self-reliant and independent thinkers. This independence is a valuable skill that will serve them well throughout their lives.

4. Increases Mindfulness: Boredom provides an opportunity for children to slow down and be present in the moment. Without distractions, they can tune into their thoughts, emotions, and the world around them. This also increases their self-awareness. Mindfulness can help improve their attention span, reduce stress, and improve their overall well-being.

5. Promotes Self-Discovery: When children are bored, they have the chance to explore their interests, passions, and talents without the pressure to perform or meet expectations. This freedom allows them to discover new hobbies, test their abilities, and develop their strengths.

Many parents find it difficult to resist the urge to constantly entertain their children and give them ideas every time they say, "I'm bored." By allowing them the space and freedom to experience boredom, children have the opportunity to thrive in ways that structured activities and screen time simply can't replicate.

So the next time your child complains of being bored, resist the temptation to immediately offer a solution. Instead, encourage them to embrace their boredom and see where it takes them. You might be surprised by the incredible things they discover along the way.

For Parents: Rediscovering Boredom

As parents, our lives often resemble a whirlwind of activity—juggling work, household chores, and our children’s schedules leaves little time for ourselves, let alone for boredom. But have you ever stopped to consider the value of boredom in your own life? In today’s fast-paced world dominated by screens and constant stimulation, finding moments of boredom may seem like a luxury. However, embracing boredom can actually be a powerful tool for increasing your creativity, making time for self-reflection, and experiencing personal growth.

So, what do you do when you find yourself bored? Do you reach for a screen to fill the void, or do you let your mind wander freely? If the former sounds familiar, you’re not alone. In today’s digital age, it’s all too easy to seek constant stimulation from our devices. However, turning to screens not only robs us of opportunities for self-reflection and creativity but can also contribute to feelings of burnout and mental fatigue.

As adults, we often overlook the importance of this seemingly mundane state of mind, but it’s during these moments that our life has the chance to flourish. We have an opportunity to grow.

Consider embracing boredom as an opportunity to expand your mind and nourish your soul. Here are some ideas to help you find time to be bored and tap into your creativity:

Schedule downtime: Just as you schedule appointments and activities for your family, carve out time in your schedule to just stop your normal routine. Treat this time as a sacred space for self-discovery and exploration.

Disconnect from screens: Set aside designated times each day to disconnect from screens and technology. Use this time to engage in activities that allow your mind to wander freely, such as going for a walk, doodling, or simply sitting quietly and observing your surroundings.

Pursue a hobby: Rediscover an old hobby or explore a new one. Whether it’s painting, gardening, or playing a musical instrument, hobbies provide an outlet for your creativity and self-expression.

Practice mindfulness: Incorporate mindfulness practices into your daily routine. These techniques can help quiet the mind and provide a greater sense of clarity and creativity.

Embrace boredom with your children: Encourage your children to embrace boredom as well by providing them with opportunities for unstructured play and exploration. Join them in their activities, and use this time to reconnect with your own sense of curiosity and wonder.

So, the next time you find yourself with a few moments of downtime, resist the urge to reach for your phone and, instead, allow yourself to simply be bored. You may be surprised at the inspiration and insight that emerges from the stillness of your own mind.

Extra Resources

Podcasts

[If You Could Meet Any Historical Figure, Who Would It Be? - Episode 514](#)

[Why You Should Learn How To Cook - Episode 399](#)

[Why Is It Important To Clean Your Room? - Episode 396](#)

Tuttle Twins Books & eBooks

[The Tuttle Twins and the 12 Rules Boot Camp](#)

Other Videos and Links

[We Need Boredom to Live Better Lives. But Social Media Is Destroying It.](#) - BigThink.com

[The Benefits of Boredom](#) - ChildMind.org

[Boost Your Brain With Boredom](#) - Mayo Clinic

[Why Neuroscientists Say, "Boredom Is Good For Your Brain's Health"](#) - Forbes.com