



WEEKLY

PARENT

NEWSLETTER

May 27, 2021



"I am so bored!"

Lean on and discover the opportunities boredom brings.

By: The Prepared Parents

No sweeter words have yet been spoken than "I'm so bored." In reality, being bored opens up a world of possibilities. Children who are bored can change their imaginations at full speed. That's because our brains don't like having nothing to do. They will start looking for anything to occupy them, making boredom the first step in envisioning new opportunities. We commonly call this daydreaming, but it is much more.

Neuroscientist Marcus Raichle says that when we let our minds wander, we are activating what he calls the "default mode network." We are not focusing on an external goal-oriented task, but our minds are not turned off either. They are working incredibly hard tapping into memories, envisioning the future, repeating the past, and reflecting on who we are.

Boredom can be a hotbed of creativity, problem solving, and curiosity. It is also an opportunity to develop the skills that children will need when they are ready to pursue a career. The Top Five Job Skills 21st century employers seek creativity, critical thinking, communication, strategic thinking, and problem solving.

The next time your child complains, "I'm bored," don't tell him what to do. Instead, try one of the following strategies:

Click the link to continue reading the tips and strategies:

<https://preparedparents.org/es/tip/what-to-do-when-my-kid-is-bored/>



FUN



The *all about squirrels activity* led by the Fox Valley Park District virtual Recreation Department staff was a favorite at all MyTime sites.



Balloon Twisting Show with Smarty Pants!

Join us for this amazing and entertaining show during our annual Summer Reading Adventure kickoff party! Smarty Pants is a legendary performer and balloon artist, providing a fun experience for the whole family!

Saturday, June 5
10:30 a.m.- 12:30 p.m.
Santori Library Parking Lot



For more information visit AuroraPublicLibrary.org/SRA

Ven a ver a **Smarty Pants** y sus increíbles creaciones con globos en la fiesta de inicio de la Aventura de la Lectura del Verano. **Sabado 5 de Junio de 10:30 a 12:30 p.m.**

Para más información, visita la pagina de Aurora Public Library



FREE Family Fun Days - 2 y 16 de junio, 7 y 21 de julio y 4 y 18 de agosto

Los miércoles seleccionados a lo largo del verano, Blackberry Farm organiza Días de Diversión Familiar que ofrecen entrada gratuita a los residentes de Illinois como parte de una promoción estatal de días de museo gratuitos. Todos los visitantes deben tener un documento de identidad válido que demuestre su residencia en Illinois.

Cities In Schools AURORA

PRESENT

FREE SUMMER ACTIVITY KITS
 FOR 1ST-5TH GRADERS

June 2021
 Dates & pick-up times coming soon!

Pick up your **FREE** kits at these locations:

- Phillips Park
- Martin Luther King Park
- Lincoln Park
- Blackhawk Park
- Homestead Elementary
- Georgetown Elementary

Summer Kits presented by:

- SciTech
- Hands On Museum
- FIRE MUSEUM Aurora Regional
- Fox Valley Park District
- AURORA

For more information, visit our Facebook page @CityofAuroraYouth

Cities In Schools AURORA

PRESENTE

¡GRATIS! BOLSAS DE ACTIVIDADES DE VERANO
 PARA 1-5 GRADOS

Junio 2021
 (Fecha y horarios próximamente)

Recoja sus bolsas gratuitas en estos lugares:

- Phillips Park
- Martin Luther King Park
- Lincoln Park
- Blackhawk Park
- Homestead Elementary
- Georgetown Elementary

Bolsas de actividades presentadas por:

- SciTech
- Hands On Museum
- FIRE MUSEUM Aurora Regional
- Fox Valley Park District
- AURORA

Para más información, visite nuestra página de Facebook @CityofAuroraYouth