

Ollie the Owl Learns About Boredom

Lesson Objective:

Students will learn how to recognize and manage feelings of boredom through the story of "Ollie the Owl Learns About Boredom." They will practice creative ways to overcome boredom using activities inspired by the story.

Materials Needed:



- The story "*Ollie the Owl Learns About Boredom*"
- The song "*Ollie the Bored Owl*"
- Ollie's Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Boredom Buster Worksheet
- Activity 2- Boredom Charades cards
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on feeling bored

Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
 - Today, we're going to talk about a feeling that everyone has sometimes—boredom."
 - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
 - "Does anyone know what it means to feel bored?"
 - (Allow the children to share their ideas.)
 - Teacher:
 - "That's right! Boredom is when we feel like there's nothing to do or nothing exciting is happening. It can make us feel a little restless or even a bit grumpy. But guess what? Today, we're going to learn some fun ways to chase away boredom, just like Ollie the Owl does in our story!"

Read the Story (15 minutes)

Story Time Outline:



- Read the story “*Ollie the Owl Learns About Boredom*” aloud to the class
- Engage the children by asking questions during key parts of the story

Story Time Teacher Script:

Prepare the Students for the Story:

- a. "Now, I'm going to read you a story called 'Ollie the Owl Learns About Boredom.' In this story, Ollie feels bored because there's nothing fun to do, but he learns how to find joy and fun in everyday things. Let's see what Ollie does to overcome his boredom."
 - b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)
- **Read the Chapter with Emphasis on Key Moments:**
 - **While reading**, pause during key moments.
 - **Ask Questions:**
 - “How do you think Ollie feels today?”
 - “What do you like to do when the sky is gray and there's nothing to do?”
 - “Who is coming to help Ollie now?”
 - “What did Grandma Owl suggest Ollie could do?”
 - “Have you ever read a book when you were bored?”
 - “What is Ollie doing at the brook? Have you ever skipped stones?”
 - “Can you pretend to build a nest like Ollie is doing?”
 - “Who is Ollie talking to now? What does Benny the Bear like to do?”
 - “What does Harriet the Hare do when she feels bored?”
 - “What is Buzz the Bee’s idea for having fun?”

Ollie the Owl Learns About Boredom

In a forest green and bright,
Lived Ollie the Owl, with wings so light.
With feathers soft and eyes so wide,
He loved to play and often glide.

But one dull day, with skies so gray,
Ollie felt he'd lost his way.
No games to play, no friends in sight,
He felt so bored, it wasn't right.

"What can I do?" Ollie did sigh,
As he watched the clouds drift by.
Grandma Owl, so wise and sweet,
Came to help him from her seat.

"Ollie dear, don't feel so blue,
There's always something fun to do.
When you feel bored, just take a look,
Find joy in things, like reading a book."

Ollie nodded, gave it a try,
Found a book and let out a sigh.
With each new page, a world so bright,
His boredom flew away from sight.

Next, he wandered to the brook,
Thought he'd take another look.
He skipped some stones, watched them fly,
His boredom started to say goodbye.

He then found some sticks and leaves,
Built a nest up in the trees.
With every twig he placed with care,
He felt the boredom disappear.

But still, some days, the feeling came,
When all his games felt just the same.
He asked his friends what they would do,
To chase away the boredom, too.

Benny the Bear gave a roar,
"I like to draw when I feel sore.
With colors bright, I make a scene,
It helps me feel happy and keen."

Harriet the Hare hopped high,
"When I'm bored, I bake a pie.
Mixing berries, flour, too,
It's so much fun, you should try it too."

Betty the Beaver had her say,
"I build new dams when I feel gray.
Using sticks and mud just right,
Building brings me pure delight."

Buzz the Bee buzzed close and near,
"I visit flowers far and near.
Collecting nectar, flying free,
Exploring always works for me."

Ollie listened, feeling glad,
So many ideas, it made him glad.
He knew that boredom wouldn't stay,
With fun new things to fill his day.

He tried drawing like Benny Bear,
Baking pies with Harriet Hare.
Building dams with Betty too.
Exploring flowers like Buzz the Bee flew.

When boredom came, he'd know just what,
To find new things and not stay stuck.
With friends and fun and things to try,
The feeling of boredom would say goodbye.

So remember, Ollie, wise and bright,
Who learned to chase boredom from his sight.
With games and friends and books to share,
He found adventure everywhere.

Ollie the Owl, with heart so light,
Found fun in day and night.
With every moment, he'd explore,
And never feel bored anymore.

- **Post-Chapter Teacher Script**
- “Wow! Ollie showed us that even when we feel bored, there are *so many fun things* we can try. Whether it's reading, drawing, baking, building, or exploring, there's always something new to discover! Just like Ollie and his friends, we can turn a boring day into a fun adventure. So next time you feel bored, remember to try something new, use your imagination, and maybe even ask a friend to join you!”

4. Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- “What was Ollie feeling at the beginning of the story?”
- “Why was Ollie feeling bored?”
- “What are some things Ollie tried to do to feel better?”
- “How did reading a book help Ollie?”
- “Can you remember one fun thing each friend liked to do?”
- “What do you think helped Ollie feel better the most?”
- “Have you ever felt bored like Ollie? What did you do?”
- “Which idea from Ollie's friends would you like to try?”
- “Why is it okay to feel bored sometimes?”
- “What can we do the next time we feel bored?”

Sing the Song (10 minutes)



- Teach the children the *Ollie the Bored Owl* song
- Sing the song together a few times, encouraging the children to join the actions.

“Let's sing a fun song about Ollie the Owl and how he deals with boredom. We'll do some actions together to make it even more fun!”

"Ollie the Bored Owl"

[Verse]

Ollie the owl sits in a tree
Looking for fun, but what does he see
The sky so blue, no clouds, no sound
Boring days when no one's around

[Verse 2]

He flaps his wings, looks left, looks right
Where's the thrill on this sunny night
No friends to play, just him alone
Ollie the owl lets out a groan

[Chorus]

Boredom in the branches
Nothing seems to happen
Ollie waits and wonders,
What will break this pattern

[Verse 3]

He closes his eyes, dreams of a show
Frogs croaking loudly all in a row
Fireflies dancing, lighting the air
Imagination's taking him somewhere

[Bridge]

Ollie the owl feels a spark
Inside his heart, no longer dark
Boredom fades, dream takes flight
New adventures every night

[Verse 4]

Now he sees the beauty in the calm
Finds the magic in the moon's soft balm
Every twig a story, every leaf a tale
Boredom simply had to sail

Hand Movements

Shade eyes with hand, look around

Yawn and stretch

Flap arms, look left and right

Palm up, look around

Shrug shoulders

Tap finger to chin

Close eyes, hands together by cheek

Wiggle fingers in the air

Tap forehead with finger

Hand over heart

Tap forehead with finger

Draw a circle above head with finger

Hold hands out like open book

Wave goodbye

Song Wrap-up

"The song reminds us that we can do something when we feel bored. Ollie felt better when he started thinking of fun things. What helps you feel better when you're bored?"

Do an Activity (20 minutes)

- Students will practice generating ideas to mitigate boredom

Please choose from the following 2 activities:



Activity 1: Boredom Busters (15 minutes)

Introduce Activity

"Remember how Ollie the Owl felt bored in our story today? He didn't know what to do at first, but then he found lots of fun activities to chase his boredom away. Now, we're going to do something fun too! We're going to make our very own 'Boredom Busters'—things that you can do whenever you feel bored, just like Ollie."

Activity Instructions



- I'm going to hand out our Boredom Buster worksheet to each of you.
- You can draw a picture of the thing you like to do when you're bored.
- Then, we'll share our ideas, and we'll write down 3 other ideas on our worksheet from our sharing session.
- When you take your Boredom Buster worksheet home, you can put it somewhere that you can remember, and when you're bored next time, you can try one of the ideas on the worksheet.

Activity 2: Boredom Charades(15 minutes)

Introduce Activity

"Now that we've learned all about how Ollie the Owl deals with boredom, we're going to play a fun game called 'Boredom Charades!' In this game, we're going to act out different activities that you can do when you feel bored, just like Ollie did in the story."

"Have any of you played charades before? Charades is a game where you act out something without talking, and the other people try to guess what you're doing. Today, we'll be acting out fun things that we can do when we're bored. It's going to be so much fun!"

Activity Instructions

"Here's how we're going to play: I have a bunch of cards here with different activities on them—like reading a book, playing a game, or going on a nature walk. One by one, you'll pick a card and act out the activity on it. But here's the tricky part—you can't use any words! You'll have to use your body and actions to show what you're doing, and the rest of us will try to guess."

Demonstrate with an Example:

"Let me show you how it works. I'm going to pick a card and act out what's on it. Watch carefully and see if you can guess what I'm doing."

(Pick a card and act out an easy activity, such as "reading a book." Use exaggerated motions to make it clear and fun.)

"Did you guess what I was doing? That's right, I was reading a book! See how fun and easy it is? Now it's your turn!"

Start the Game:

"Who would like to go first? Come up and pick a card, but remember—no peeking until it's your turn!"

(Choose a volunteer to go first. Encourage them to pick a card and give them time to think about how they'll act it out. Students may work in pairs to act out the scenarios)

"Okay, show us what you've got! Remember, no talking—just acting!"

(Allow the child to act out the activity on their card. Encourage the other children to guess what it is.)

Continue the Game:



"That was awesome! Who wants to go next? Let's see if we can guess what activity you're doing!"

(Continue allowing the children to take turns picking cards and acting out the activities. Offer encouragement and praise for both the actors and the guessers.)

(between turns):

"You all are doing such a great job! Remember, these are all fun things we can do when we're bored, just like Ollie. Keep those guesses coming!"

"Can anyone tell me one activity we acted out that you think is fun to do when you feel bored?"
(Allow a few children to share the activities they liked and why they think they're fun.)

"Those are great choices! Remember, there are so many things you can do when you're bored—whether it's reading a book, playing a game, or going outside to explore. You just have to use your imagination and try something new!"

"Who learned a new idea from our game today? Maybe something you hadn't thought of before? (Pause for responses.) That's wonderful! Now you have even more ideas to try when you're feeling bored."

Wrapping it Up

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- After students complete their reflections, invite volunteers to share what they learned from their reflections.
- Encourage students to continue using the strategy in their daily lives

Review and Reflection Teacher Script



1. **Gather in a Circle for Reflection:**

- "Let's all come back together in a circle."

2. **Closing**

- "Today, we learned all about what it means to feel bored and how to chase that boredom away with fun activities, just like Ollie the Owl did in our

story. Can anyone share one thing they learned today about how to deal with boredom?"

- (Allow the children to raise their hands and share their thoughts. Encourage them to speak up and give positive reinforcement to their answers.)
- "Those are some really great ideas! Remember, boredom is something that everyone feels sometimes, and it's okay. But what we learned today is that there are so many fun and creative things we can do to make that feeling go away. Whether it's reading a book, drawing a picture, playing a game, or even just using our imagination, there's always something we can do to keep ourselves happy and busy."

Home Connection Letter

1. Sending Information Home:

- "Before you go, I have a letter for you to take home that explains what we learned today in class."
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,

Today in class, we learned about feeling bored through the story "Ollie the Owl Learns About Boredom."

This story teaches children that boredom is a common feeling and introduces fun and creative ways to manage it.

Here's what we learned:

- Understanding Boredom: Recognizing what it feels like to be bored and that it's a normal emotion.
- Boredom Busters: Discovering various activities that can help chase away boredom, such as reading, drawing, baking, building, and exploring.
- Expressing Creativity: Practicing how to express feelings of boredom through art and activities.

We practiced these concepts through making "Boredom Busters" art and/or playing "Boredom Charades."

You can help reinforce this at home by encouraging your child to talk about their feelings and try different activities when they feel bored.

Thank you for your support!

With gratitude,



Boredom Busters

My favorite way to bust boredom is...

Some other ideas that might be fun to try are...

1. _____

2. _____

3. _____

Building a fort with pillows and blankets
Flying like a bird around the room
Drawing a big rainbow with crayons
Pretending to be a dancing robot
Playing hide and seek
Watering flowers in a garden

Go on a treasure hunt
Read a storybook
Having a tea party with stuffed animals
Create a puppet play
Draw a pretend map of the zoo.
Plan a trip to outer space. Make a checklist of things you need to bring.