



Keep Moving
Movement

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KMM SESSION 2 2018

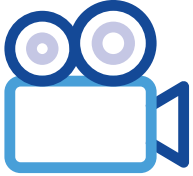
BOREDOM 
is dead



1 Review

🕒 2 minutes

2 What are your favourite movie dialogues?



🕒 3 minutes

If your age is above

60



50



30



20



below 20



Would you like to guess, what is the dialogue we hear most often from teenagers today?

The dialogue is -

Its so boring!!



3

 4 minutes

What did you do? How did you overcome it?

Have you ever been bored at **work**?



Have you ever been bored at **home**?



Have you ever been bored at **school**?



Have you ever been bored about **life**?



Have you ever been bored in a **holiday**?



03



4

2 minutes

When we become bored, it is a great opportunity to explore life and who we are. However, this takes some level of curiosity and willingness to do some work. Otherwise, if we don't use this time to be constructive, by default we choose to be mentally lazy and become destructive whether with depression, loneliness, or acting out in some way just to get attention.

5

3 minutes

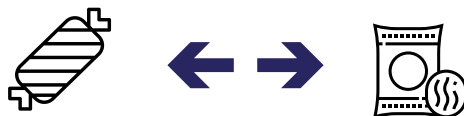
So, there are only three things that can transpire when someone is bored. They either use this time to

i. Stay passive or

- Do you just turn on the TV or zombie out on Facebook?



- Do you feed your boredom with sugary sweets or chips?



- Do you go out shopping to fill that void?



(So, boredom leads to escape entertainment).



6

 5 minutes

ii. *Be destructive*

When troublesome choices for coping with tedium and monotony are made, boredom can become “the Devil’s playground”

Letting boredom do one’s thinking can lead to a vast array of troubling choices. For example,

1. Or, hanging out with a group of listless peers, devil declares: “This is so boring; let’s do something crazy!” (So, boredom leads to exciting risk taking).
2. Or, feeling a dull party needs livening up, devil declares: “This is so boring; let’s see who can drink the most the fastest!” (So, boredom leads to substance experimentation).
3. Or, the last stage in Trial Independence, hating the daily drudgery of life, devil declares: “This is so boring; I will steal something but won’t get caught!” (So, boredom leads to breaking rules).



7

5 minutes

iii. Become constructive

How creative are you when you become bored?

Here are three constructive ways to handle boredom.



1. Do something challenging or,

2. Do something creative or,



3. Do something to help others.

8

4 minutes

Here is a fourth BONUS option

Anything that is hard, anything that is tough, anything that is 'unnecessary' yet must be done, is boring. Solve it by this lovely question, "How to enjoy it more?" *(From Vikas's, Jo's, Anish's & Paresh's perspective)*

One single question can make things simple and interesting.

How can I enjoy this MORE?

What are the things that you are expected to do, but you do not like it at all! **How can you enjoy this MORE?**



9

 10 minutes

**Let us create six teams in the classroom.
Here are eleven boring situations
for which we need solutions**

1. History is boring. I don't understand its relevance to my life. How can I enjoy this MORE?
2. Writing is boring. I hate to write. How can I enjoy this MORE?
3. I have already understood the concept. Why should I solve this same problem another 5 times. It is a waste of time. How can I enjoy this MORE?
4. My teacher is boring. She is NOT inspiring. Her class does not challenge me enough. How can I enjoy her classes MORE?
5. I love sports. I do not enjoy studies at all. I am being forced to study. How can I enjoy studies MORE?
6. I do not like to socialise. My parents forcibly take me to these functions. How can I enjoy this MORE?
7. I hate homework. It is so boring. How can I enjoy this MORE?



8. I don't like to speak with my relatives. They are not genuine. It is boring to be around them. My parents force me to be civil to them. Its boring. How can I enjoy this MORE?
9. My parents are always finding faults in me. To talk with them is boring. How can I enjoy this MORE?
10. Cleaning the room and putting my stuff in the right place is so boring. How can I enjoy this MORE?
11. When my parents want to discuss about screen time or about my friends, it is so boring. How can I enjoy this MORE?

Your team has five minute for suggestions on each one of the 11 points.



2 minutes

Brain Tattoos



Keep Moving Movement



📍 2nd Floor, Krsna Chambers, North Main Road,
Near Starbucks, Koregaon Park, Pune 411 001

☎ +91 772 10 65000 ✉ contact@mykmm.co.in

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