

# Worksheet on BORED Feeling



7# Draw a picture of a BORED person or a Face of a BORED person-

6 # Write Three things You Can do to avoid or remove BORED feelings :

1. ....
2. ....
3. ....

5 # Write about the last time- when your were BORED :

.....

.....

.....

#1 Try to Tick mark-  
BORED feeling is...?  
Positive Feeling    Negative Feeling    Neutral Feeling

#2 Try to Tick mark-  
When you feel BORED...?  
1. All the Time 2.Frequently 3. Never 4.Hardly Ever 5. Sometimes

#3 Write Three things –That make you BORED:

1. ....
2. ....
3. ....

#4 Write Three things- You do when You are BORED :

1. ....
2. ....
3. ....

Your name-  
Date -