

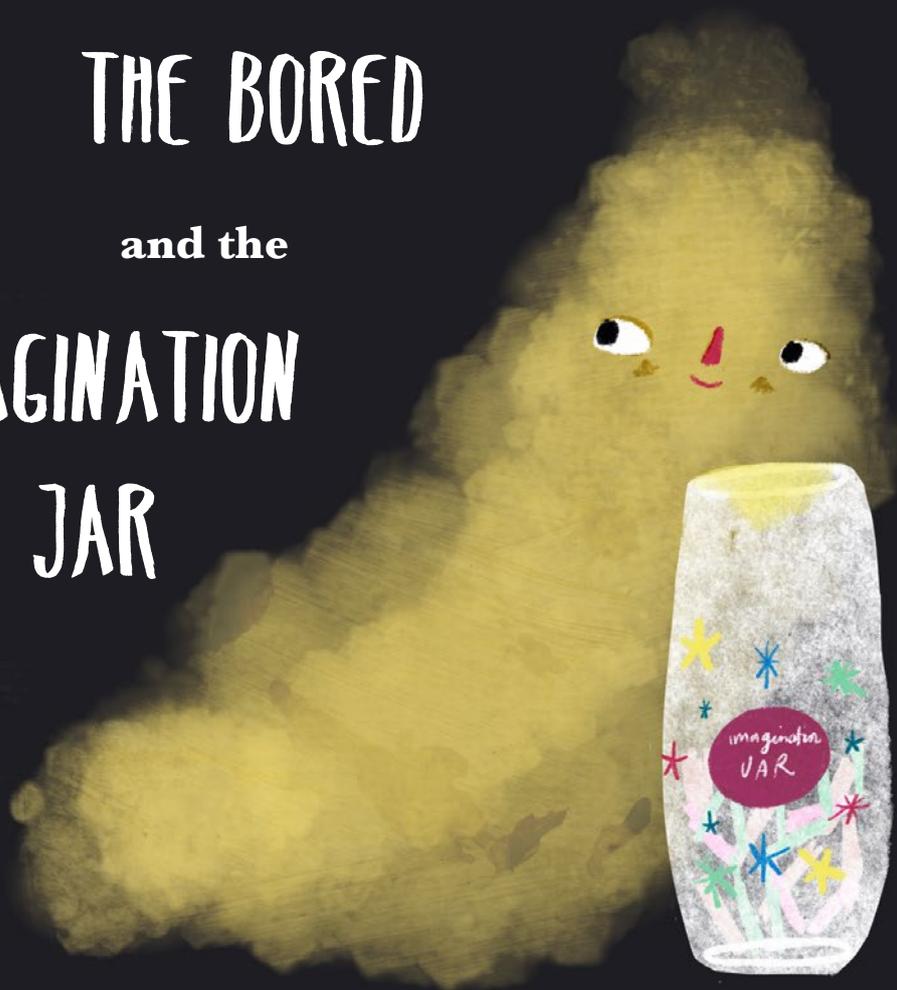


BERTRAND THE BORED

and the

IMAGINATION JAR

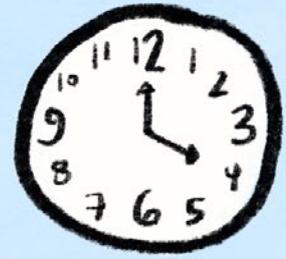
illustrated by
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Bertrand the friendly Boredom Monster sleeps in the walls at Charli's house. If you were to put your ear up against a wall at her house you might be able to hear him snoring. He drags his feet around and lounges on her family's couches all the time. He's an absolute slob. He sheds his invisible boredom all around the house and he doesn't seem to care who steps in it. This was becoming a problem lately, because the coronavirus had Charli's whole family at home all the time, and Charli and her brother, were practically rolling around in his boredom every day.



Bertrand's boredom was beginning to weigh Charli down. It was making time go slow and all the days were beginning to feel the same



- Same house, same people - same, same, same. Sometimes she even forgot what day it was.

HAVE YOU EVER FELT LIKE BOREDOM IS SNEAKING INTO YOUR PLACE? WELL KEEP READING, BECAUSE CHARLI AND HER DAD HAVE COME UP WITH SOME IDEAS FOR DEALING WITH OVERFLOWING BOREDOM.





Charli has discovered some ways to shake off Bertrand's boredom. She accidentally worked out that when she leaves the house it rubs off on the grass. So, going for walks, playing kick to kick, bike riding, and runs work a treat. The only trouble is, it's hard to be out all the time, so Charli has had to work something out for inside of the house.

This morning Charli told her Dad she was bored again. They sat down together for a chat about it. Charli's Dad told her he was going to let her in on a secret about boredom. Her Dad looked around like he was checking that no one else was listening. In a hushed voice he said, boredom and imagination can't live in the same space together. In fact, he continued, if imagination comes across boredom, imagination wins, hands down, every time. Imagination is a lot more powerful. Charli leaned back in her chair. This was news to her.

Charli's Dad told her that the tricky thing about imagination was that it was sometimes very quiet. Sometimes you needed to listen hard for its whispers to give you ideas. However, once you hear it, it just gets louder and louder until you can't help let it take you on adventures. Charli looked thoughtful. She had experienced that before. There was a recent LEGO construction that stood out, and then there was the great blanket cubby that she had built with her brother last weekend. Charli asked her Dad where imagination came from. Her dad told her that it lives inside all of us. He said we all have sprinkles of it and children seem to have the most out of everyone.





That evening when the family sat down to eat dinner together Charli's Dad brought out three clean, used pasta jars and a bunch of pieces of paper and pens. He placed one jar in front of Charli, gave another one to her brother, and sat the final one with 'FAMILY' written on top, in the middle of the table. Charli's Dad said the jars were 'Imagination Jars' ready to be filled with imaginative ideas. He said if they all tuned into their imaginations they could fill the jars with interesting things to do at home. So they did. They all shared ideas, wrote them down on the little bits of paper and put them in the jars. Charli's Dad said they could try one idea from the family jar every day, and as many as they liked from their individual jars at any time.

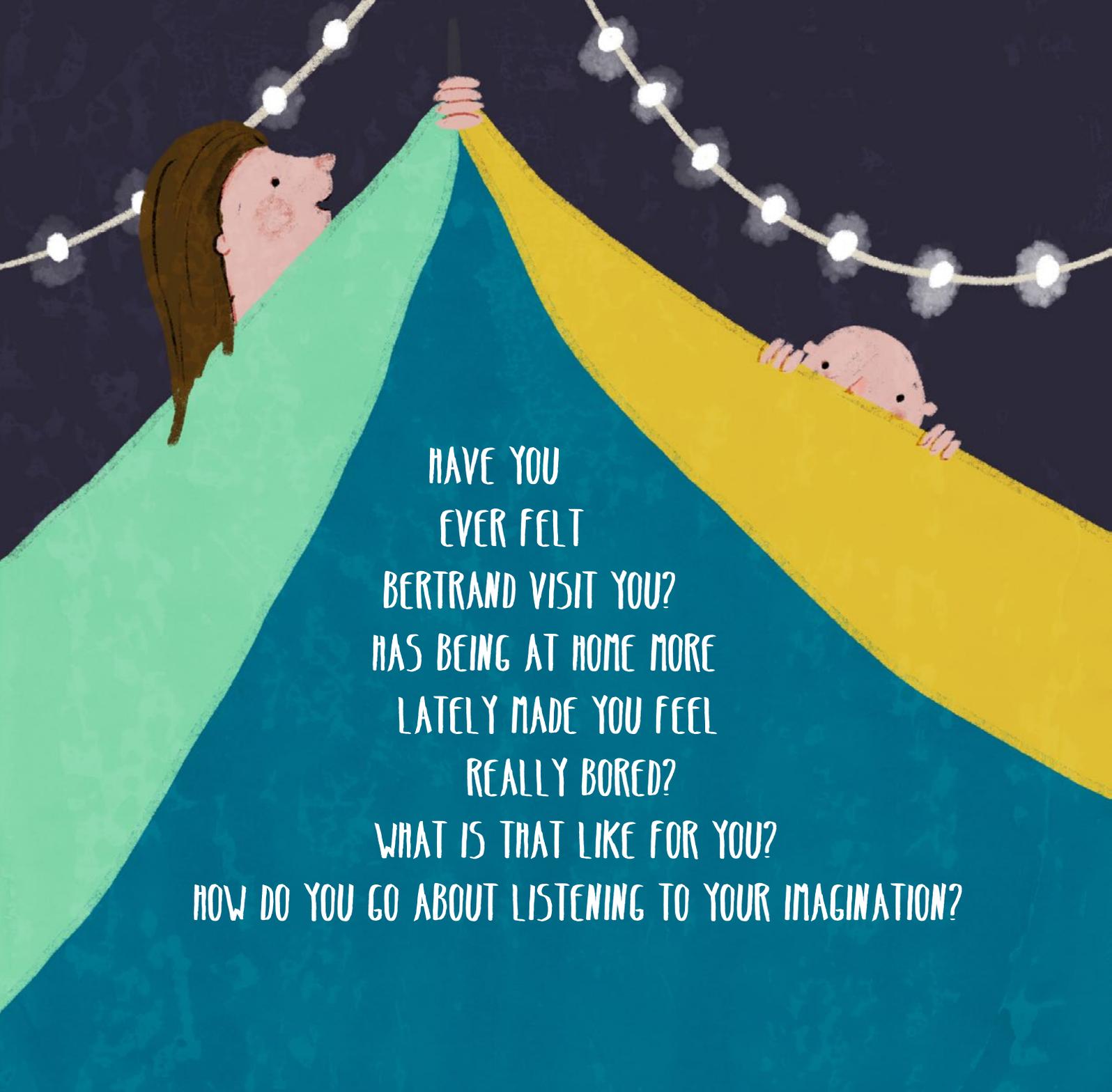


The jars turned out to be good. Now when Charli feels Bertrand's boredom building up around her ankles she just turns to her Imagination Jar or listens in for her own little whispers of imagination to help her blast away Bertrand's boredom.

With all that imagination around, Bertrand has started picking up his game. He actually had a shower this morning and brushed his fur. Charli is off to build an indoor golf course now.

WHAT ABOUT YOU?



An illustration of a woman with long brown hair and a child under a tent. The woman is on the left, holding the top of the tent. The child is on the right, peeking over the edge. The tent is divided into three sections: light green on the left, yellow on the right, and a large teal section in the center. String lights with white bulbs are strung across the top of the scene against a dark background.

HAVE YOU
EVER FELT
BERTRAND VISIT YOU?
HAS BEING AT HOME MORE
LATELY MADE YOU FEEL
REALLY BORED?
WHAT IS THAT LIKE FOR YOU?
HOW DO YOU GO ABOUT LISTENING TO YOUR IMAGINATION?

MAKE YOUR OWN IMAGINATION JAR

Ask your parents or carers to help you build your own Imagination Jar. All you need is a clean empty jar, some slips of paper, something to write or draw with, and your imagination.



- You might like to decorate your Imagination Jar and keep it somewhere easy to find in times of boredom.
- You might like to make up some guidelines about how to use your jar. For example, if you pick out an idea that you don't feel like at that moment, then you can throw it back in the jar - you get one pass, but then you have to try out what ever idea comes out next for at least 5 minutes before you decide if you want to keep going.
- You might like to make a Family Imagination Jar as well. As a family, you could add ideas to this jar together. You could agree on a regular time that you are going to come together as a family to pick out an idea from the jar and do together. Your mum, dad or carer might like to put an alarm on their phone to remind everyone it's time for the Family Imagination Jar.