**Creativity & Boredom Worksheet**

**I. Brainstorming Questions:**

1. How many MINUTES a day do you think you use your cell phone?

2. What are the top THREE things you use your phone for?

3. Where do you usually keep your cell phone? How often during the day is the phone DIRECTLY in your hand/pocket?

4. When was the last time you were truly bored?

**II. Time Spent on Mobile Devices and TV**

1. Explain the trend in cell phone usage.
2. How does this compare to TV use?
3. In your opinion, what has led to the increase in cell phone use?
4. How does this compare with the time you reported using your phone in the brainstorming questions?

**III. How Many People Can’t Walk Without Their Cell Phones?**

1. What are some of the ways people walk with their phones? What does this tell us about people?
2. What statistic is given about people walking with their phones in hand?
3. According to the video, what are these people missing?

**IV. Bored...and Brilliant?**

1. Studies suggest that we get our most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ideas

when we stop the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and let

ourselves get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Explain the study done by Sandi Mann:
2. What does our brain do when we are bored?
3. What is “autobiographical planning” and why, in your opinion, is this important to a healthy life?

**V. Being Bored Can Fire Up Your Creativity**

1. What is the importance of daydreaming?
2. The feeling of boredom is a strong signal that we are \_\_\_\_\_\_\_\_\_\_\_\_\_ in some kind of \_\_\_\_\_\_\_\_ and we need to

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.