

## MAKE TIME FOR DOWN-TIME

If your teenage children live wound-up, highly scheduled lives then they need to rediscover the lost art of down-town.

Down-time is whatever it is they feel like doing. Whatever it is they feel like doing, that is down-time. It could be daydreaming.

There are three compelling reasons to allow kids down-time:

- 1. **Urgent thinking:** <Urgent-driven kids need some time to rest their brains. The thinking wheels need to be relaxed and free from tension for down-time to happen. It feels good, which is good reason to do something.

### The art of down-time comes with age

Toddlers are too active for down-time. They generally keep moving and exploring.

Kids in primary school start to learn the value of down-time. They generally spend down-time on their own or by mucking around with their friends.

Teenagers are natural down-timers. They do it without trying. Teens take up a lot of space during down-time at home. They spend down-time with their parents if their friends are not available.

Many parents feel uncomfortable when their kids spend too long in down-time. Busyness is seen as a virtue. Kids need to be occupied a lot of the time, but active lives need to be balanced with opportunities for inactivity.

Down-time is good for you.