Healthy Learning At Home:
Tips From Jeffco Healthy Schools

HEALTHY STUDENTS LEARN BETTER: When You Can, Try Some of These Ideas

Design Your Learning Area
Get The Brain Ready To Learn!
- Invite students to prepare & organize their learning area and supplies
- Keep focus with small fidgets or calm music
- Provide water & snacks to keep up energy

Different Seating Options can be helpful: Chairs, Pillows, Standing and Squatting can all work for learning.

Move, Move, Move
American Academy of Pediatrics recommends 60 minutes of exercise a day for children.
- Move 10 minutes at a time throughout the day!
- Create Recess At Home! Play, Imagine, Create AND MOVE! Set a fitness goal.

Research shows after 20 minutes of physical activity, students test better in reading and math.

Calm Happy Mind
Learning at home can be HARD!
Find tools and strategies to manage emotions and stress. Common coping skills include:
- Breathing to calm the body and mind
- Finding distractions that bring you joy
- Moving your body and connecting to your senses.

Stay Connected & Share Kind Words!
Call a Friend or Send a Message To Family

Make Routine The Routine
- Create a daily schedule with students and post it at home
- Set small daily goals, reflect and celebrate!
- Keep bedtime and wake up time the same daily.

Take A Brain Break
A Brain Break is a short 5-10 minute break from learning to re-activate and re-focus the brain.
- 1-2 Minutes of an active break reduces stress and increases memory and engagement.

Take a Break Every 20-30 minutes.
- Get UP: Walk, Skip, Stretch, Toss A Ball, or Dance to your favorite song!
- Use Dice and Letters to PICK YOUR MOVES!

Research shows Brain Breaks increase students’ on-task behavior and short-term memory.

Healthy Food, Healthy Fuel
Get Students Involved:
- Can you try a new food once a week?
- Invite students to help cook a meal/snack

Healthy Food & Snacks Include:
- Whole Grains, Protein and Fruits/Veggies
- A Rainbow of different colors
- Water, Water, Water - 8 Glasses A Day!

Contact Jeffco Healthy Schools
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FOR MORE IDEAS AND RESOURCES VISIT:
www.tinyurl.com/JeffcoCalmRoom