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
- Provide water & snacks to keep up energy
- Keep focus with small fidgets or calm music

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! Ideas HERE

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

Calm Happy Mind

Learning at home can be HARD!

- Take some time to breathe throughout the day to calm the mind and body. (Trace and breathe the shape linked below.)

- Stay Connected & Share Kind Words! Call a Friend or Send a Note 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.

Need A Brain Break?

A Brain Break is a short 5-10 minute break from learning to re-activate and re-focus the brain.

- Take a Break Every 20-30 minutes.
- Get UP: Walk, Skip, Dance, Toss A Ball, or Stretch!
- Use Dice and Letters to PICK YOUR MOVES!
- More Screen-Free Movement Ideas HERE.

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

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!

For More Information Contact:
Jeffco Healthy Schools
fran.taffer@jeffco.k12.co.us
tinyurl.com/JeffcoHS