

No matter where learning takes place – in the classroom, at home, virtually or on-the-go – it’s important to check-in physically and emotionally to ensure children are feeling energized, supported and ready for what’s ahead. Modify these tips and resources in a way that supports you and your setting best and get creative!

### **Check in physically.**

While children may not be moving from one classroom to the next or to and from lunch and recess, a virtual or at home learning environment can still have many of the supports that a typical classroom or school has. Check in with how children are feeling physically throughout the day and pay attention to sedentary patterns. Make sure they are fueling their bodies with good foods and are balancing their day with physical activity and play.

Break up the day with active brain breaks to recharge the body and brain. Get the wiggles out together with an online video or throw on some music and just allow your bodies to move. You can also integrate movement into lessons for active learning opportunities – squats for math, spelling with yoga, etc.

Pay attention to children’s posture throughout the day. When you notice slouching, especially when sitting on the floor, encourage children to get some height under their seat. You can do this with folded blankets, a pillow or fitness blocks. Doing so helps to lengthen the spine which can alleviate lower back pain and support healthier posture. Stretching and moving helps children to reset and realign!

Schedule “recess” in your day-to-day routine. Take a nature walk for fresh air or kick around a soccer ball and develop new skills. Use this time to break up the day and create a space for more unstructured play. Start a pots and pans band, build a fort with sheets or use a pillow cushion raft to head off on a new adventure.

Make sure children are staying on a routine and carve out time for meals and snacks. Use this time to discuss the mind-body connection and get children thinking about the power of food and how it fuels our bodies for the activities we love most. Spend some time exploring food even further by getting kids in the kitchen and cooking together.

### **Stay Connected - Digital Tips**

Create a virtual challenge to encourage children to practice goal setting individually and alongside their peers. How many minutes of movement? Daily stretching or yoga? 8 glasses of water or rethinking their drink?

Use free video conferencing platforms to create space for brain breaks, recess or a 5-minute dance party – any kind of movement with friends! If video conferencing is not available, have families share photos via email and use free online platforms to create a digital album or slideshow.

Encourage children and families to stay connected with virtual lunch or snack time. Teachers and school staff – join in with video conferencing and use this time to play get to know you games or to simply check-in.

## Sample Schedule

Creating a routine is key to juggling work, at-home learning and family time. If your child's school is providing scheduled e-learning times, aim to build out the time in-between to create structure for you and your family.

**Most importantly - be flexible.** Try a couple of schedules until you find the one that works best for you and supports your child's learning style. Make time for activities that your family can enjoy together and think outside the box when hiccups arise.

Find more ideas and resources at <https://www.actionforhealthykids.org/staying-healthy-and-active-with-virtual-and-at-home-learning/>

7:00am – 8:00am	<b>Wake up and start the day!</b> Change out of PJ's and get ready for the day. <a href="#">Make breakfast a breeze with these easy tips and tricks</a> for staying healthy and on a schedule.
8:00am – 8:15am	<b>Quiet morning activity.</b> Create space for children to ease into the day with a quiet activity. Get the body moving with some <a href="#">stretching or yoga</a> or start the day with <a href="#">journaling</a> or a <a href="#">reflective art activity</a> .
8:15am – 9:15am	<b>Active Learning Session I</b>
	<b>Take a 5-minute Brain Break!</b>
9:15am – 10:15am	<b>Active Learning Session II</b>
10:15am – 10:30am	<b>Snack.</b> <a href="#">Make snack time at home a healthy one</a> with easy, on the fly recipes.
10:30am – 11:00am	<b>Recess before lunch!</b> Research has shown that recess before lunch has lots of positive effects on children's overall health and wellness. Children aren't rushing to eat so they have more time to play and they've burned off excess energy so they're ready to learn when they go back to learning. Win-win-win!  Create a <a href="#">backyard fitness circuit course</a> or pick one of these <a href="#">50 activities</a> out of a hat. Stuck indoors? Try out a <a href="#">sensory play activity</a> or <a href="#">make the most of screen time</a> .
11:00am – 12:00pm	<b>Lunch time.</b> Refuel with a healthy lunch. Use meal times as an way to <a href="#">incorporate nutrition education into your home routine</a> or practice <a href="#">mindful eating</a> as a family.
12:00pm – 1:30pm	<b>Active Learning Session III</b>
	<b>Take a 5-minute Brain Break!</b>
1:30pm – 2:30pm	<b>Active Learning Session IV</b>
2:30pm – 3:00pm	<b>Play.</b> <a href="#">Unstructured play opens the door</a> for additional exploration, creativity and self-expression. Opt outside if the weather permits or <a href="#">use the imagination to turn household items into fun and games!</a>
3:00pm – 3:30pm	<b>Quiet afternoon activity.</b> Wind down from the day with another quiet or reflective activity. Use this time to talk with children about how they are feeling or join them in a quiet activity they enjoy most.

**Active Learning Session Tip: Turn distance learning packets into an active learning opportunity by pairing physical activity with the lessons. With nice weather, take the "classroom"**

*Staying Healthy and Active with Virtual and At-Home Learning.* (n.d.). Retrieved from Action for Healthy Kids: <https://www.actionforhealthykids.org/staying-healthy-and-active-with-virtual-and-at-home-learning/>