

## 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

FOR MORE IDEAS AND RESOURCES VISIT:

[www.tinyurl.com/JeffcoCalmRoom](http://www.tinyurl.com/JeffcoCalmRoom)

### 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

[healthyschools@jeffco.k12.co.us](mailto:healthyschools@jeffco.k12.co.us)

[www.tinyurl.com/JeffcoHS](http://www.tinyurl.com/JeffcoHS)