

## 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](#)

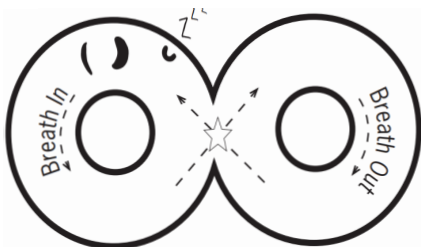
Research shows Brain Breaks **increase** students' **on-task behavior** and short- term **memory**

### 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](mailto:fran.taffer@jeffco.k12.co.us)

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