HEALTHY HABITS OF EMOTIONAL WELLBEING

Back 2 School Planner

Getting ready for “back to school” has a new meaning this year. We will all face challenges as we adapt to learning in the classroom, virtual learning, or various combinations of the two. When our routines are disrupted; unpredictability may lead to feelings of anxiety, agitation, and stress. You may feel overwhelmed but if you act calmly and confidently, children will follow your lead. Creating a schedule and maintaining healthy habits will promote wellbeing and support learning.

FAMILY ACTIVITIES:

- Reward hard work with fun activities - plan a movie night with the family.
- Reach out to friends and family for support - ask grandparents, cousins, aunts and uncles to take part in regular video calls.
- Get regular fresh air - enjoy a family nature walk and remember to wash your hands!

ESTABLISH A ROUTINE:

- Start the day prepared: Have your children pick out their outfit for the day. Have a healthy breakfast and be ready to start on time!
- Do meal prep on the weekends and plan meals for the week, this will allow more free time in the evening to engage in family activities.
- Plan an activity to signify the end of the school day, such as a short walk. This allows the whole family to clear their heads.
- Prioritize your weekly and daily goals - these could include learning goals, such as reading each day, or household goals, such as creating a cleaning schedule.

REMINDERS:

- Be kind to yourself. It’s Okay to not be Okay.
- Do the best that you can. There is no one-size-fits way to schooling.
- Reach out whenever you need additional support and stay connected.

TO DO:

- Set up a dedicated work space for each child. Have any school login codes and passwords clearly displayed.
- Encourage children to take responsibility for their work space, making sure the area stays clean, organized and sanitized.
- Create a space nearby where they can get up and stretch their legs and move around.
- During regular breaks from learning, change your setting - take a stroll around the block, or play outside.
- Make the most of the school lunch hour by eating together as a family or engaging in self-care.
- Set regular snack times and organize a snack basket with healthy parent-approved choices.
- Be intentional about maintaining a social calendar. Our kids need social interaction even if it is through a virtual setting.

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