

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.

