



Stay Positive with Healthy Habits at Home

1. Daily schedule
 - a. Set a time to wake up and GET OUT of bed each day.
 - b. Make time to
 - i. Learn (participate in the activities that your teachers send you online, read a book, put together puzzles, practice flash cards, do a word search, journal, etc.)
 - ii. Move (ride a bike, go on a run, play hide-and-seek, vacuum your house, do sit ups and push ups, walk the dog)
 - iii. [Cosmic Kids Yoga](#)
 - iv. [Kid's Yoga](#)
 - v. Create (build with Legos/dominos/or cards, play a musical instrument, draw or paint, bake, craft)
 - vi. Do something you enjoy (listen to music, play a game with a family member, go fishing)
 - vii. Socialize Virtually (Facetime a friend, Skype a classmate and do an assignment together, Book Club with friends using multiple caller option on your phone)
 - c. Limit technology
 - i. Give yourself a morning and afternoon allowance of time on your devices
 - d. Eat a healthy breakfast, lunch, dinner and snacks
 - e. Stick to a bedtime that will allow you to get plenty of rest
 - i. It is recommended children get 9-11 hours of sleep each night.
2. Take a Virtual Tour
 - a. Using your device, you can tour places like [Hawaii](#), [the Museum of Natural History](#), [children's museums](#), [national parks](#), the [Great Wall of China](#), [live zoo cams](#), [NASA](#)
3. Talk to Adults About Your Corona Virus Concerns
 - a. Ask questions that are on your mind
 - b. Tell a trusted adult how you are feeling
 - c. Practice the healthy self-care that works best for you