



# Healthy Habits Checklist

Although the schedule is different for everyone, we have created a few checklists to get you started. You can use these as a guide to create checklists for your family to help form new healthy habits for the upcoming school year.

## Days learning at home

- Consistent wake up time
- Eat breakfast
- Shower
- Get dressed
- Brush teeth/comb hair
- Sit down at special workspace for school
  - Put electronics away unless using for learning
- Log on to classroom website
- Complete school work in 1-2 subject areas
- Break for free time from 10am to 10:30am
- Complete school work in 1-2 subject areas
- Break for lunch
- Chores
  - List the chores for each day
- Finish school work and put away (Suggest finishing before typical school day would be over)
- Play time
- Consistent bed time

## Other things to consider including:

- Practicing a sport or other skill
- Experiential learning - outside, at a park, science experiments
  - <https://www.sciencefun.org/kidszone/experiments/>
  - <https://www.weareteachers.com/easy-science-experiments/>
- Homework time (if applicable)
- Practice or learn musical instrument
- Art time
- Mindfulness exercises – [Growing Our Gratitude](#)