

HEALTHY ROUTINES

TO HELP WITH

FOCUS

WHILE STUDYING FROM

HOME



Physical Activity



Sleep



Nutrition



Limited Screen Time

**Thinking
Performance &
On-Task Behavior**

**Focus, Academic
Performance &
Engagement**



*Meeting these guidelines has been shown to improve global cognition scores (1, 2, 3)

PHYSICAL ACTIVITY

Moderate to high intensity

Ages 3-5

*includes light intensity



Exercise that elevates heart and breathing rate

Thinking performance scores can improve after 15+ minutes of exercise

Children with greater movement competence and confidence have greater **resilience** - the motivation to work through adversity (4)



For most focus benefits

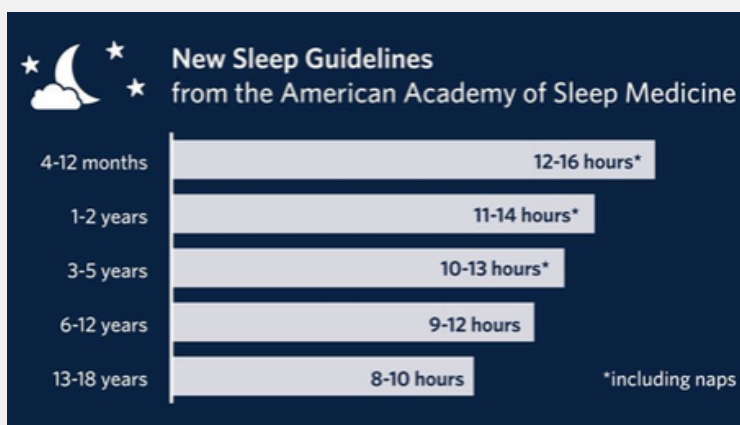
- Make it a routine - similar time for weeks
- Time strategically before focus is needed
- Combine movements and skills you know
- Invent new games
- Example: How many ways can you travel between cones?
- Do what is fun, then make small challenges

SLEEP

Lack of sleep can negatively affect (5):

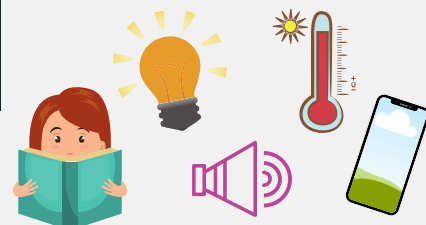
- Attention
- Concentration
- Language
- Memory
- Executive Function
- Alertness

Reducing sleep by 1-3 hours per night can increase attention problems by 50-92% (5)



Have Set Routines

- Find the right temperature
- Read a book
- Listen to music
- Screens off 2 hours before sleep
- White noise app
- Wake up with a favorite song/dance



NUTRITION

Eat foods that support cognition:

Iron



- Whole grains
- Lentils
- Spinach
- Dark green vegetables

Amino Acids



- Meat/fish/poultry
- Nuts
- Seeds

Omega-3 Polyunsaturated Fatty Acids



- Fatty fish like salmon
- Nuts
- Seeds
- Fortified milk/eggs

Vitamin B, especially B12



- Organs
- Beef
- Fortified cereal
- Tuna



SCREEN TIME

Recreational Screen Time Limited to 2 Hours Per Day



Meeting this guideline was positively associated with higher global cognition scores



*Thinking ability was positively associated with meeting either physical activity, sleep, or recreational screen time guidelines in 8-11 year old children. Meeting an additional guideline was positively associated with higher thinking scores; meeting all 3 was associated with even greater scores. (1)

Tips For Keeping Children Active during the Coronavirus Pandemic - ACSM 2020

Physical distancing? Yes, stay 6 feet apart

Play dates? No

Physical activity while kids feel sick? Yes, so long as they are comfortable and interested

Play equipment? Yes, wash hands and wipe down materials

Go outside? Yes, nature relieves stress and boosts immune system

Go to parks and trails? Yes, but don't go on any playground equipment and maintain distancing

Talking Points for Conversations with Kids about COVID-19

Zero To Thrive.org

In response to the COVID-19 pandemic, here are some suggestions on how to help even very young children make sense of current realities



There are very smart people whose job it is to take care of the public's health. They are figuring out what we all need to do to keep people safe. They are finding ways for us to take care that will help keep people healthy.

Most people who have this illness are ok. Most people only get a little bit sick and then they get better. You could remind your child of a time she or he was sick with a cold, took care, and got better.

You might be curious or hearing a lot about a virus called coronavirus. Do you know what a virus is? Viruses are like germs – different kinds of germs can cause lots of illnesses like regular colds, including colds that people in our family have had. Even though it was not fun to have a cold or be sick, we got better. Viruses do not happen to people because they did something wrong- no one is to blame, and our whole community is working together to try to keep people healthy and safe.

There are a lot of helpers! Doctors, nurses, first responders, grocery workers, garbage truck drivers, mail deliverers, teachers, religious leaders, community leaders, and more, are all working together to figure out how to help people through this hard time.

Links and Resources

On-Line Family Exercise Videos



- <https://www.cosmickids.com/category/watch/>
- <https://www.gonoodle.com/>
- <https://openphysed.org/activeschools/activehome>
- <https://www.playworks.org/get-involved/play-at-home/>
- <http://www.urbaninitiatives.org/?s=navigating+remote+learning>

On-Line Sports Training



- <https://www.up2us.org/up2ussportsathome>
- <https://www.technefutbol.com/>
- Other paid online sport tutoring

References

- (1) Christiansen L, Beck MM, Bilenberg N, Wienecke J, Astrup A, Lundbye-Jensen J. Effects of exercise on cognitive performance in children and adolescents with ADHD: Potential mechanisms and evidencebased recommendations. *Journal of Clinical Medicine*. 2019;8(6):841.
- (2) Khan NA, Raine LB, Drollette ES, Scudder MR, Kramer AF, Hillman CH. Dietary fiber is positively associated with cognitive control among prepubertal children. *The Journal of Nutrition*. 2015;145(1):143-149.
- (3) Walsh JJ, Barnes JD, Cameron JD, Goldfield GS, Chaput J-P, Gunnell KE, Ledoux A-A, Zemek RL, Tremblay MS. Associations between 24 hour movement behaviours and global cognition in US children: a cross-sectional observational study. *The Lancet Child & Adolescent Health*. 2018;2(11):783-791.
- (4) Jefferies, P., Ungar, M., Aubertin, P., & Kriellaars, D. (2019). Physical Literacy and Resilience in Children and Youth. *Frontiers in Public Health*, 7, 346.
- (5) Vriend JL, Davidson FD, Corkum PV, Rusak B, Chambers CT, McLaughlin EN. Manipulating sleep duration alters emotional functioning and cognitive performance in children. *Journal of Pediatric Psychology*. 2013;38(10):1058-1069.