



Staying Energized, Engaged & Empowered When Online Learning

For Kids and Parents

Invest: in the Learning

Online learning can feel challenging, different, and way out of our comfort zone (parents we hear you). However if we really invest together in online learning we can continue to ensure the whole community is **Energized, Engaged, and Empowered!**

Remember

- Check your schedule each day
- Be organized with your time: Use a planner or diary
- Be organized with your stuff: File and name your work clearly (parents can help with this)
- Keep asking for help: From teachers, friends, and family
- Look, act and respond to feedback

We hope this online guide will help provide a few simple yet powerful strategies that will help everyone manage to keep the learning exciting, meaningful and of course fun.



Screentime

Screentime is an inevitable part of life for us all... especially so these last few weeks. We use our devices for school work, careers, socialising, entertainment and much more. To ensure that screentime is a healthy part of our life we have to balance its use with other important activities.. Considering these important elements could help you create the balance needed for optimum well-being:

- Set rules and boundaries around screen time use (how, when, where it will be used)
- Take regular breaks from the screen and spend time engaging face-to-face with friends and family
- Whole family unplugged time is a great idea
- Be sure to invest in other hobbies and physical activities
- Avoid using devices before sleep

Like anything in life balance really is the key to wellbeing.

Further Resources: [Screenagers](#) [Sleep and Screens](#) [Tips for balance](#)



Health and fitness

Online learning is a fantastic opportunity to exercise our brains, but don't forget to also look after your body. Staying active and having a balanced lifestyle will help you focus, keep your energy up, and be the best you can when learning. It will also of course, play a big part in your physical and mental wellbeing. Some simple strategies that will have a really positive impact on your life include:

- Sleep at regular times. Avoiding caffeine and screen time before bed will help you sleep better
- Eat a healthy and balanced diet, including fruits, vegetables, grains, proteins and dairy
- Drink the recommended amount of water every day so you don't become dehydrated
- Get at least 60 minutes of physical exercise a day. This could include walking, swimming or playing your favourite sport

Want to know more? Check out the great resources below...

Further Resources: [Sleep for kids](#) [Nutrition](#) [Physical activity guidelines](#)



Contact with Family and Friends

Spending time with family and friends is the best thing you can all be doing when (online) school is out. Social interactions and positive experiences have been proven to help wellbeing (we are not making this up: click [here](#)). Real benefits of having contact with family and friends are:

- Increased wellbeing
- Pleasant memories
- Opportunities to be active
- Chances to strengthen relationships or build new ones

Warning: Don't spend too much time with the same people as this can be a bit too intense. Check out the resources below for some great ideas you can do by yourself or with others. Remember to stay active, socialize, and have as much fun and connection in between (online) classes.

Further Resources: [Pleasant Activities Ideas](#) [Benefits of Social Connections](#) [TED Talk on Relationships & Happiness \(older students & parents\)](#)



Mindfulness

Practicing self kindness is particularly important at this time, and mindfulness is an opportunity to give yourself a moment of self care and space to notice what is that you are thinking and feeling.

Developing a daily practice can really help you:

- Develop focus and productivity
- Improve sense of patience
- Increase compassion for others
- Heighten body awareness
- Reduce stress and anxiety

A seated or lying practice for about 5 minutes each day in a quiet and comfortable place is all that you need.

Further Resources: [Body Scan Meditation](#) [Mindfulness for Teens](#) [How mindful am I right now- checkup](#)



Culture of Care

In the face of challenge and adversity we really do find out Who We Are. We can see it as something negative and bad, or as an opportunity to grow and flourish. We are all learning even more right now about:

- The world and our place in the world
- Ourselves as kids, as students
- Ourselves as parents
- Ourselves as teachers

And we are doing this together. One thing is certain amongst all this uncertainty: If we keep communicating with each other, keep supporting each other, then we will be stronger as individuals, as families, as a community.

YOUR Resources: Your family Your friends This cheat sheet Your knowledge and skills

