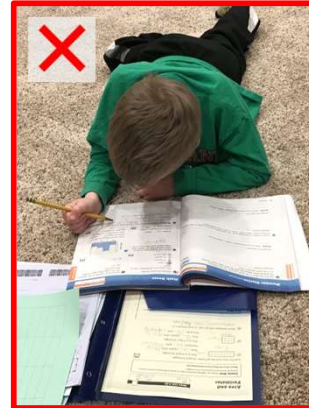


# School Work at Home

Kids are flexible and often lie or sit in many different positions. Since their bodies are rapidly developing, limit static positioning for prolonged periods of time - such as when doing schoolwork. Nurture and encourage awareness of ergonomics to support healthy postures and movement which increase attention span and productivity

## Body Mechanics Observations

### 1 Younger school children



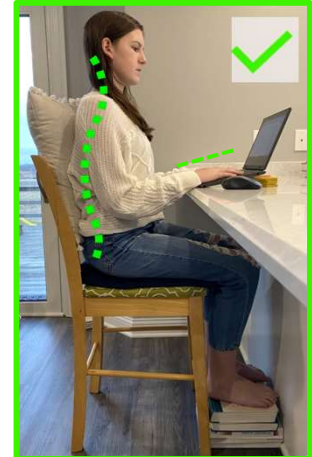
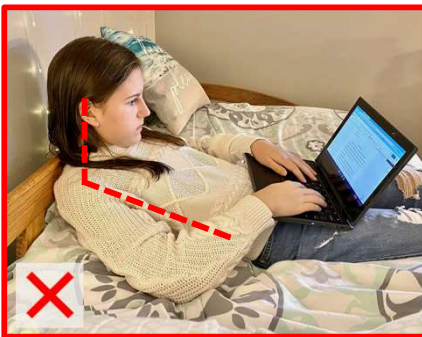
✗ Avoid sitting in crouched positions and crossing legs

✓ Do sit upright and use available items such as pillows

✗ Avoid lying on the floor for extended periods of time

✓ Do use child-size equipment or get creative with ottomans, side tables, etc.

### 2 Older school children



✗ Avoid sitting in slouched positions and placing laptop directly on legs

✓ Do sit upright and use available items such as pillows or books. Incline the keyboard to elevate the monitor and keep wrists neutral. Use a wireless mouse when available

## Additional tips for success:

1. Change working positions or locations throughout the day. Move or stretch every 20-30 minutes
2. Continue to maintain healthy habits: stay hydrated, eat healthy meals, and get ample sleep
3. Get active! Frequent breaks to get blood flowing increases productivity and focus, such as:
  - Walks around neighborhood or hikes (as allowed per social distancing), scavenger hunts, obstacle courses, participating in online fitness classes