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

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