



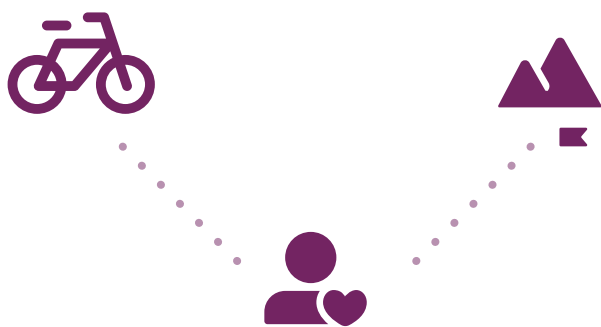
Self-Care Routines FOR ONLINE STUDENTS

MANAGE UNPRODUCTIVE SCREEN TIME

Limiting unproductive screen time **can improve** a student’s physical, social, and psychological **health**.



EMBRACE EXERCISE



Whether it’s team sports, a solo fitness routine, or an unconventional type of exercise, **a student's physical and mental health benefits greatly from regular exercise.**

GET UP AND GET DRESSED

Clothing categories assist students in differentiating school days from the weekend, leading to **improved productivity and mental wellness**. Encourage your student to change into clean, daytime-appropriate attire each weekday morning.



FIND A CREATIVE OUTLET

Whether your student is 7 or 17, **creativity is a terrific way for them to process and recognize emotions**. Try journaling, crafting, art, poetry, acting, or music.



GET YOUR DAILY FICTION FIX

Reading improves a student's **information processing, vocabulary, comprehension, self-esteem, and empathy**. Instill a lifelong love of fiction in your elementary student by reading them a bedtime story each night.

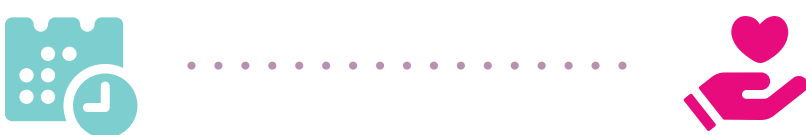


MAKE YOUR BED DAILY

Teach your students to make their bed every morning. To paraphrase U.S. Navy Admiral William McRaven, accomplishing this first task of the day gives you a small **sense of pride**, and encourages you to do more. By the end of the day, that one task will have become many tasks completed.



SCHEDULE YOUR SELF-CARE



Ensure your student makes **time for self-care** by helping them to schedule it using their academic planner. Also, consider including a daily mood tracker, weekly self-care checklist, or even self-care stickers.