

MAXIMIZE BREAK TIME DURING the VIRTUAL SCHOOL DAY

for more suggestions: <https://padlet.com/eldeem/breaktime>

For all kids:

Discuss expectations with your children

- Limit screen time and maximize movement
 - Set guidelines for phone, computer, & video games
- Offer choices:
 - Check list, contract, choice board

Personal and positive interactions

- write a positive note, give a hug, tell a joke
- virtual lunch date with a friend or family member
- call a grandparent to say “hi”

How to Deal with Resistance

- Do the activity together, at least at first
- Make a deal to try it out for a certain length of time
- Offer suggestions but allow them to make the final choice, within reason

Check in to see what is working and what isn't

- check-in on the weekends and share the decision-making
- adjust expectations as needed
- ask for help: teacher, school, family, Parent Resource Center



For younger kids:

Set up play activities for breaks

- run around the building, skip on the sidewalk, draw hopscotch
- jump in puddles, throw balls at a target
- create with recycled materials
- listen to music, dance, or draw
- create an obstacle course or play in the bath



For older kids:

Brainstorm ways to help them move, connect, and address stress

- go on a bike ride or a run around the block
- yoga video, meditation app, play an instrument
- take a long shower, style their hair
- decorate their bedroom, dance to loud music
- write a postcard to a friend

