



Routine & Activity Chart to Keep Your Kids Structured & Busy



Having kids home for an extended period of time may feel stressful at first. With a little creative planning and organization, their time at home can be productive and fun. Use these ideas to plan a successful break from the classroom.

For over a decade, Brain Balance has helped over 45,000 children improve the critical skills needed to create a brighter path for their future. Our personalized program is designed to improve focus, behavior, social skills, anxiety, and academic performance. The program takes an integrative approach to strengthening the brain and its connections through sensory engagement, physical development, academics, and nutrition.

Learn more about the research supporting our program and our results: www.BrainBalance.com

1.

Reducing screen time for teens can be a challenge. Try changing the wifi password if they don't stick to screen time limits or buy a router that allows you to set limits or buy a router that allows you to set limits specific to your teen's device.

2.

Plan virtual time with friends! Use FaceTime or other video conferencing app and allow your child time to include friends in an activity. They could simply take a few minutes to chat, conduct a study session, or do arts and crafts together.

3.

Kids tend to graze in the kitchen when they're bored. Reduce their temptation to grab for unhealthy snacks by removing any beverages or foods that you don't want them to eat.

4.

Stress can seriously hinder brain function. To relax and recuperate, try salt baths, diffusing essential oils, deep breathing exercises and yoga videos.

5.

Juggling is a great activity because it requires strong motor skills and focus on objects that cross from one side of your child's body to another which is also great for brain balance. It's also an inexpensive activity that can occupy an interested child for hours. Try finding how-to juggle videos online!

Create a chore jar from which they can choose their daily tasks or make several suggestions for chores to be done before you leave for work.

6.



Brain Boosting At-Home Routine Chart

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Hydration
(8) cups per day on average¹



Physical & Outdoor Activity
(4) 30 minute sessions per day



Fruits & Veggies
(8) servings per day²



Connect with Family & Friends
(2) 1 hour memories per day



Reading
(4) 30 minute sessions per day



Screen Time
(2) 30 minute sessions per day or less!³



Chores
(3) per day



Sleep
(8-10) hours per night⁴



¹Based on recommendations from <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>. ²The USDA's Dietary Guidelines recommend adults eat anywhere from 5 to 13 servings of fruits and vegetables per day depending on age, gender, physical activity, and overall health. ³Brain Balance recommends no more than 1 hour of screentime during the weekday and no more than 2 hours during the weekends. ⁴National Sleep Foundation Recommendations can be found here: <https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>.