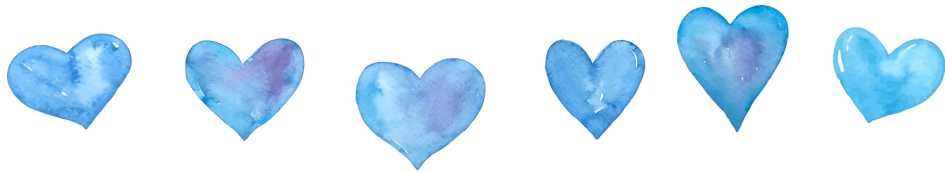


# Healthy Habits for Home Education



A routine which works for everyone

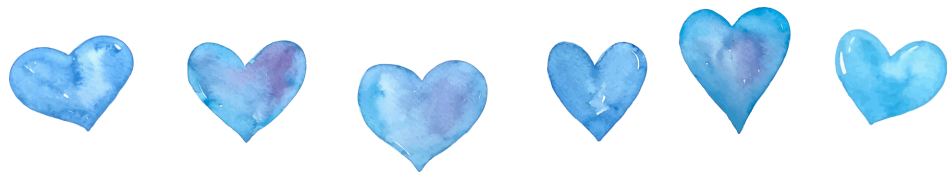


Starting the day off with a grounding activity

Finding the right balance between learning and relaxing



Being active throughout the day



Encouraging independent or spontaneous learning



Having goals and time for reflection

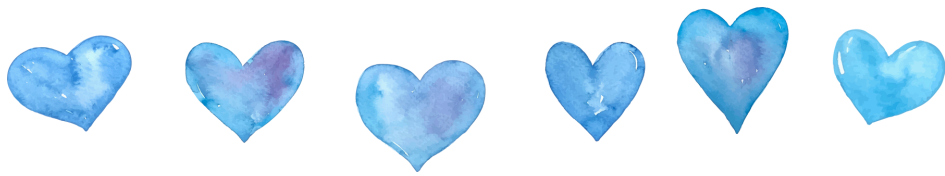
Practising mindfulness and being emotionally aware



Eating healthy food and drinking lots of water

Socialising regularly





Reducing screen time and  
having technology-free  
spaces



Winding down and getting  
enough sleep

