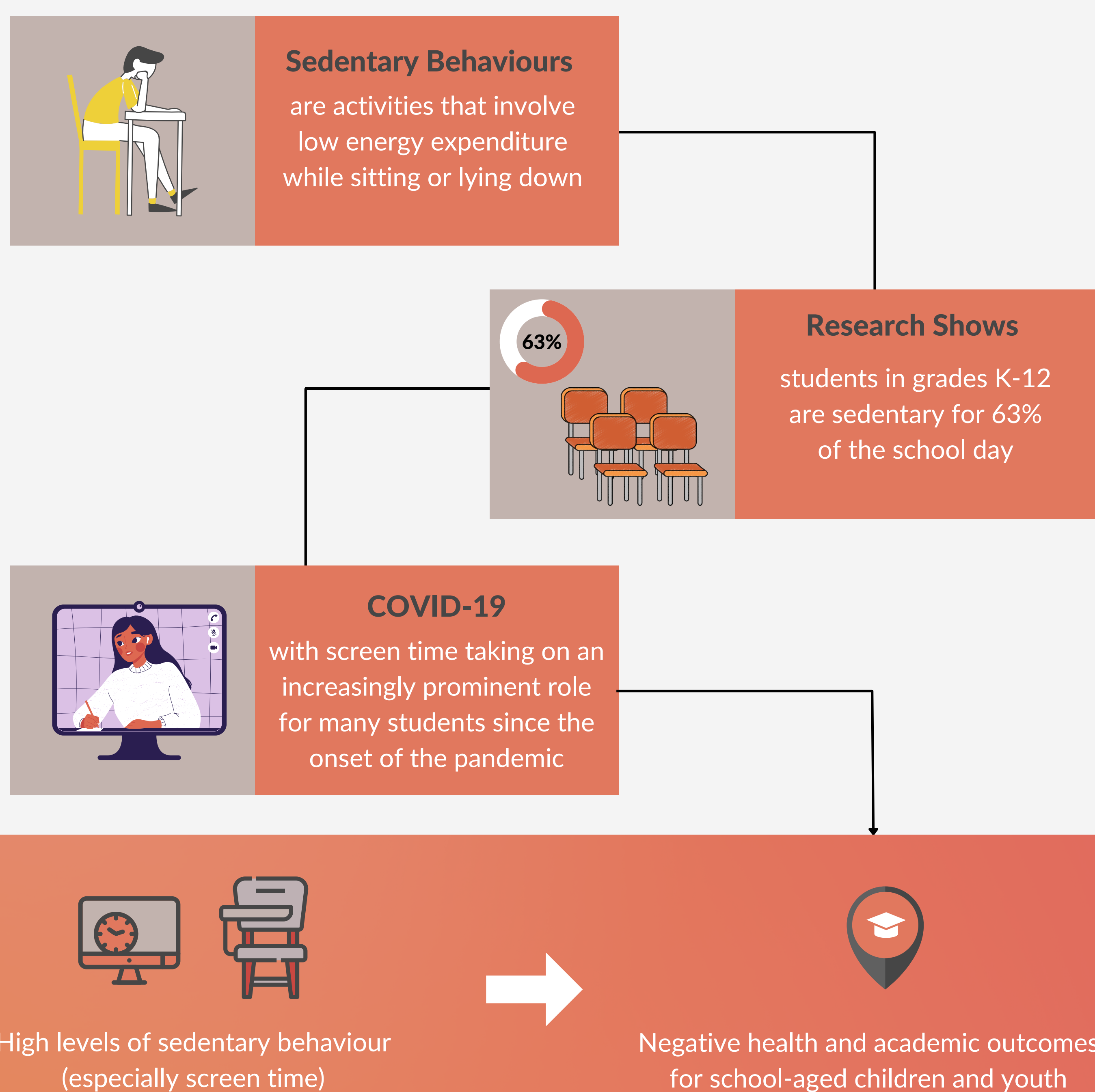


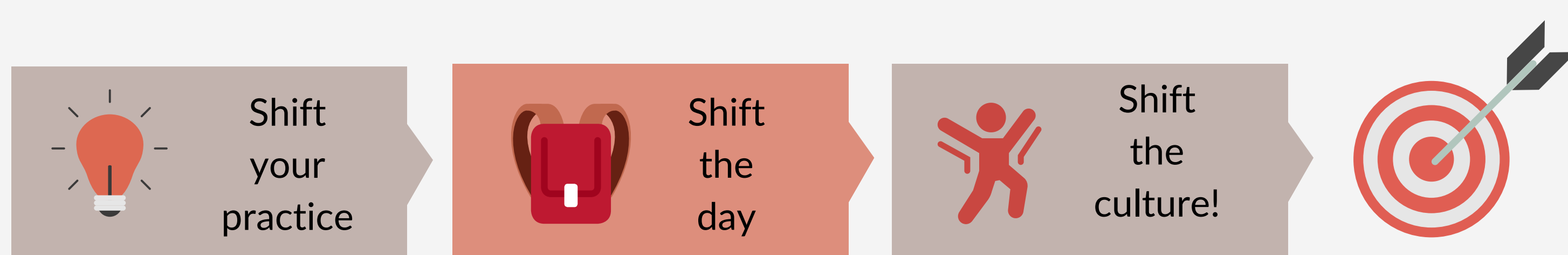
IMPROVE STUDENT HEALTH AND WELLBEING BY Managing School-Related Sedentary Behaviour

What We Know



What We Can Do

As an educator or school administrator, you can help improve student health and wellbeing by building more movement and less screen use into the school day and homework.



Recommendations

These recommendations and strategies can help educators increase movement and decrease sedentary behaviour and screen use during school-related activities... which is great for your students' health and wellbeing AND your own!

Incorporate more movement into the school day and homework

Break up periods of sedentary behaviour with various types of movement



For students ages 5-11, add a stretching or walking break every 30 minutes

Incorporate different types of movement into lessons and homework

Replace sedentary learning activities with movement-based learning activities

Be intentional when using screens

Prioritize face-to-face and active learning methods over screen-based methods

Use screens only when they are the best tool to enhance learning

Ensure school-related screen time is meaningful, time-limited and mentally or physically active



Take frequent device breaks

Model healthy use of screens

Show through your actions what healthy screen use looks like

Demonstrate self-awareness related to your use of screens

Encourage students to self-regulate their screen use



Ask yourself, what messages am I passing on through my use of screens?

Monitor for signs of problematic screen use

- ⚠ Bored or unhappy without access to technology
- ⚠ Difficulty accepting screen time limits
- ⚠ Screens interfering with school, family, or personal wellbeing
- ⚠ Negative emotions following time spent on screens



Consider flagging any concerns about screen use to a parent or caregiver

What This Could Look Like

- ☐ Add a movement break every 30 minutes (ages 5-11) or 60 minutes (ages 12-18)
- ☐ Consider how we could all move our bodies during this lesson or homework assignment
- ☐ Ask students to walk in place during class discussions
- ☐ Let students find and practice what works for them - e.g., standing during a lesson
- ☐ Ask yourself whether a screen is the best tool for the job
- ☐ Prioritize movement-based learning opportunities
- ☐ Avoid screens during meal breaks
- ☐ Share the great things you're already doing to build movement into your classroom/school!
- ☐ Support your staff in trying out new strategies and sharing what works