BACK TO SCHOOL HEALTHY HABITS

1 ADJUST BEDTIME

Two or more weeks before school starts, gradually adjust your bedtime and the time you get up in the morning to your school schedule. Remember, adolescents needs at least 8-12 hours of sleep per night!!

2 DEVELOP A ROUTINE

Lay out your clothes for the next day, pack your backpack and put it by the door, make your breakfast/lunch the night before. Spend a few minutes making a to-do list for the next day.

3 HAVE A GOOD BREAKFAST

Studies show that students who've had a good breakfast have more energy and are better able to concentrate in class! Include a protein, fruit/veg, and a complex carbohydrate (whole grain!).

4 USE A PLANNER

Write down all assignments, appointments, work schedule and physical activity. Don't forget to schedule some personal time for activities you enjoy and spending time with friends and family!

5 PLAN WORK IN CHUNKS

When you have a large assignment due in several weeks, break it down into more manageable bits. Figure out how much time you have, divide the project equally, and begin work well ahead of the due date.

6 ELIMINATE DISTRACTIONS

Close your door, turn off the television/radio/etc. and focus on the task at hand. You'll get your work finished more quickly making time for other more enjoyable activities.

7 TAKE BREAKS

Make sure to take frequent breaks while studying. A short 5 minute walk, deep breathing or stretch break can help you refocus and absorb more of the information.

8 MAKE YOUR BED!

This doesn't sound like an important item but making your bed sets a positive tone for your day. Making your bed kickstarts a chain of other good decisions and gives you a sense of taking charge!

PURDUE UNIVERSITY
Extension - 4-H Youth Development