



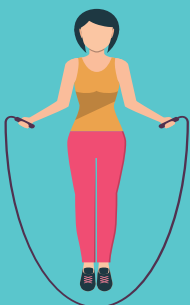
Virtual School Experience **Wellbeing Guide**

When learning from home it is important to maintain a healthy lifestyle and try to have a similar routine as you would at school with a mixture of work styles and being active.

When working at your desk:



- Look at the task: How much is being online really needed?
- Stay hydrated: Have water near your workstation.



- Stand up and stretch/ walk around every 30 mins when appropriate.
- Deskercise!



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During break and lunch times:



- Exercise
- Walk around your home
- Talk to friends
- Eat healthy snacks and lunch
- Plan your weekly menu
- Put on music, sing and dance
- Meditate
- Cook some food
- Do some gardening
- Take some photos and create a photo journal
- Make some art, paint, DIY crafts
- Clean your room





**NORTHBRIDGE INTERNATIONAL SCHOOL
CAMBODIA**

A NORD ANGLIA EDUCATION SCHOOL

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Make your workstation healthy and appealing:

- Allow for sunlight and fresh air
- Have a plant nearby
- Have positive images nearby that make you happy
- Post your schedule/timetable in easy view
- Space to move around
- Have an appropriate chair to work in.
- Keep your working area clean and tidy



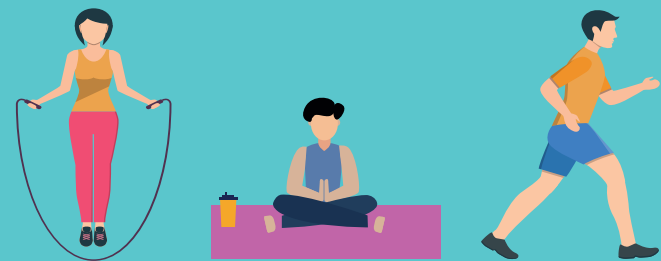


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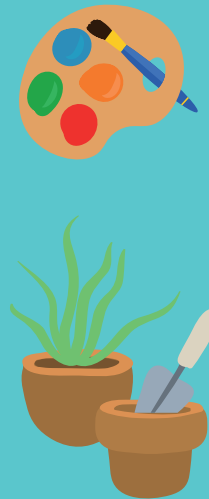


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