



## How do we prepare for an extended school closure?

### The Importance of Balance and Routine

It's so important for students to create balance and routine while they spend extended time at home. Maintaining healthy sleep patterns, ample study time, exercise/wellness blocks, creativity blocks, and social/entertainment time will help students create balance and routine while they are away from school. While this is a unique time for our students and country, it's important that we continue to encourage boundaries, set expectations, and create space for students to learn, exercise, and have fun.

### *NobleFit Tips / Example Schedule during COVID-19*

Time	Activity / Task	Options	Completed
Before 8:00am	<b>Wake up / Breakfast</b>	<i>breakfast, stretch, meditate, journal</i>	<input type="checkbox"/>
8:00am - 8:30am	<b>NobleFit Morning Movement</b>	<i>(light) outdoor walk, light jog, or indoor yoga</i>	<input type="checkbox"/>
8:30am - 10:30am	<b>Academic Time</b>		<input type="checkbox"/>
10:30am - 11:00am	<b>NobleFit Break</b>	<i>(light) meditate, stretch, walk</i>	<input type="checkbox"/>
11:00am - 12:00pm	<b>Creative Time</b>	<i>write, read, plan, create, draw</i>	<input type="checkbox"/>
12:00pm - 12:30pm	<b>Lunch</b>		<input type="checkbox"/>
12:30pm - 1:30pm	<b>Chores / COVID-19 Home Care</b>	<i>wipe door handles, counter/table tops, light switches, bathrooms</i>	<input type="checkbox"/>
1:30pm - 3:30pm	<b>Academic Time</b>		<input type="checkbox"/>
3:30pm - 4:30pm	<b>NobleFit Afternoon Movement</b>	<i>(moderate/high) bodyweight exercises, functional movement, PE routine</i>	<input type="checkbox"/>
4:30pm - 6:00pm	<b>Choice Time / Connect Time</b>	<i>academics, creativity, connect with friends/family,</i>	<input type="checkbox"/>
6:00pm - 7:00pm	<b>Dinner</b>		<input type="checkbox"/>
7:00pm - 9:30pm	<b>Family Time / Free Time</b>		<input type="checkbox"/>
9:30pm - 9:45pm	<b>NobleFit Evening Movement</b>	<i>(light) Stretch, meditate, yoga</i>	<input type="checkbox"/>
Before 10:00pm	<b>Sleep</b>		<input type="checkbox"/>

### **Other NobleFit Suggestions**

- *Check @benoblefit daily for tips, routines, and updated content*
- *Make a daily schedule before you go to bed or as soon as you wake up*
- *Set up a google hangout with classmates to continue classroom discussions*
- *Drink 8 glasses of water per day and add vegetables to at least one meal per day*
- *Keep a journal, write poetry, lyrics, essays, short stories about this unique time period*
- *Read a book for fun*