

GOOD MORNING HABITS

GET UP WHEN THE ALARM GOES OFF!



START THE DAY WITH MUSIC OR PODCAST



QUICK MORNING WORKOUT OR STRETCHING ROUTINE



DELICIOUS AND NUTRITIOUS BREAKFAST



"OOLY! OOLY! TIME FOR SCHOOLY!"

-from a local parent, when waking his kids up for school.



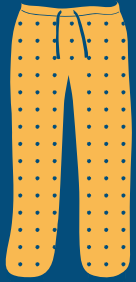
*** BENEFITS OF A GOOD MORNING ROUTINE:**

- Increases overall happiness
- Stress reduction
- Increased productivity
- Better sleep quality
- Boosted confidence
- Improved relationships
- Improves memory
- Energy boost
- Improves adaptability

**www.bodymethodology.com*



GOOD NIGHT HABITS



MAKE YOUR SPACE COMFY

SET A BED TIME



DITCH THE GADGETS **ENGAGE IN RELAXING ACTIVITIES**

NO CAFFEINE



CDC Sleep Recommendation

- Toddler (1-2 yrs) : 11-14hrs
- Pre-School (3-5 yrs) : 10-13hrs
- School Age (6-12 yrs) : 9-12hrs
- Teen (13-18 yrs) : 8-10hrs

***WHY SLEEP IS ESSENTIAL FOR HEALTH:**

- Lowers risk of weight gain
- Better memory and performance
- Better calorie regulation
- Greater athletic performance
- More emotional and social intelligence
- Preventing depression

*www.medicalnewstoday.com



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