

KEEPING OUR HEALTHY KIDS IN THE TECH FILLED 21ST CENTURY CLASSROOM (Part 1)

As the 21st Century Classroom is increasingly dominated by screens, research shows that the need for kids to move and stretch has never been greater!

Young bodies need movement and activity especially during the day, when they are seated for hours in classrooms!

David Kirsch, a world renowned fitness and health expert asks his 11- year- old daughter to help demonstrate some of his tried and tested ways to maintain a healthy body and mind in today's classroom. There's real advice and tips to help kids to stay energized, maintain a correct chair posture, and even get some movement in- all with a view to keeping young and growing bodies healthy and safe.

This offering from Just For The Children is a signature piece, that has emerged from thousands of hours of careful practice, and curation. And it's not just for kids—adults can give some of them a try too!



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Francesca Kirsch brings her expert methods to show kids how to remain fresh during the long school day. Tech neck, good bye! And adults, you are welcome to add these expertly curated moves and stretches to your own day at the desk ! They work on grown ups too!



Kids spend more time on screens, at home and at school.

The effect on a child's body has been researched and documented but often, research and papers end up buried in websites, filled with jargon that parents and educators don't have time to wade through. Some of it can be scary and we don't want that!

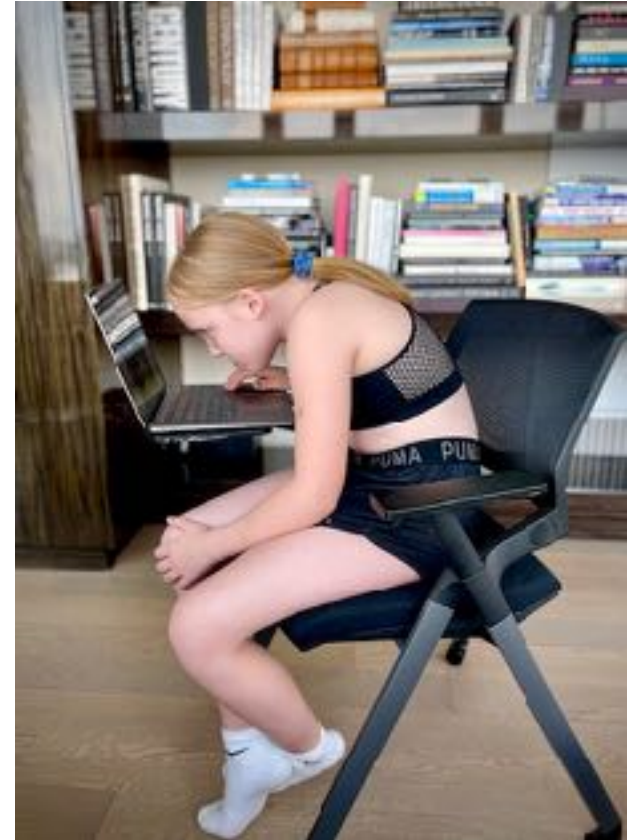
Franny spent years honing exercises and postures that keep bodies of all ages fresh and energized. On the right is supermodel Kate Upton, being schooled by a 3-year-old Franny on how to do the perfect push-up!



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The following exercises help re-energize and re-focus children during long hours in school on computers, or during homework!

- Stepping away from the computer screen and looking away for a few minutes has tremendous benefits.
- In the photograph on the right, Francesca, like many children her age, end up slumped over a computer screen for hours.
- Her posture is incorrect and her proximity to the screen is bad for her eyes. Many parents and educators miss these problems. It's understandable. Children need to get their homework done and get their exercise and eat their meals and get the right amount of sleep.
- But this posture, on the right, left unchecked, can lead to longer term issues. But Franny's (Francesca) done her homework, consulted with her world famous dad, and has some awesome tips for all kids and adults out there! To stay fresh and limber as the day progresses...



Let's first fix
posture, shall
we?



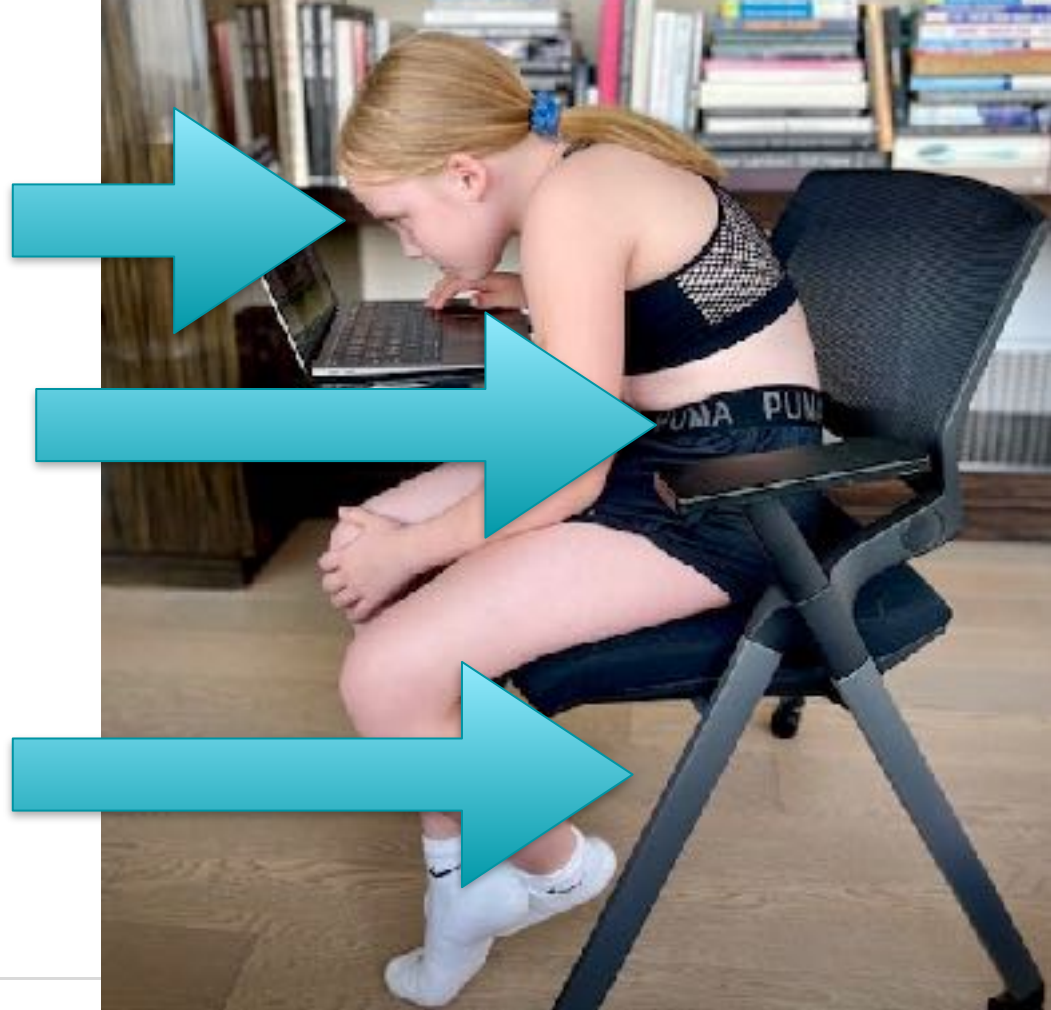
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Let's see what Francesca is doing wrong here! Quite a lot, actually

1. Eye level with the screen is incorrect

2. Franny is slumping over her screen. She is not building core strength and lacks spinal stability.

3. The chair is not the right shape or height for Franny. Schools should try and pay attention to a child's posture and the type of chair they use, as the classroom has changed. So the seating and posture needs re-assessing!



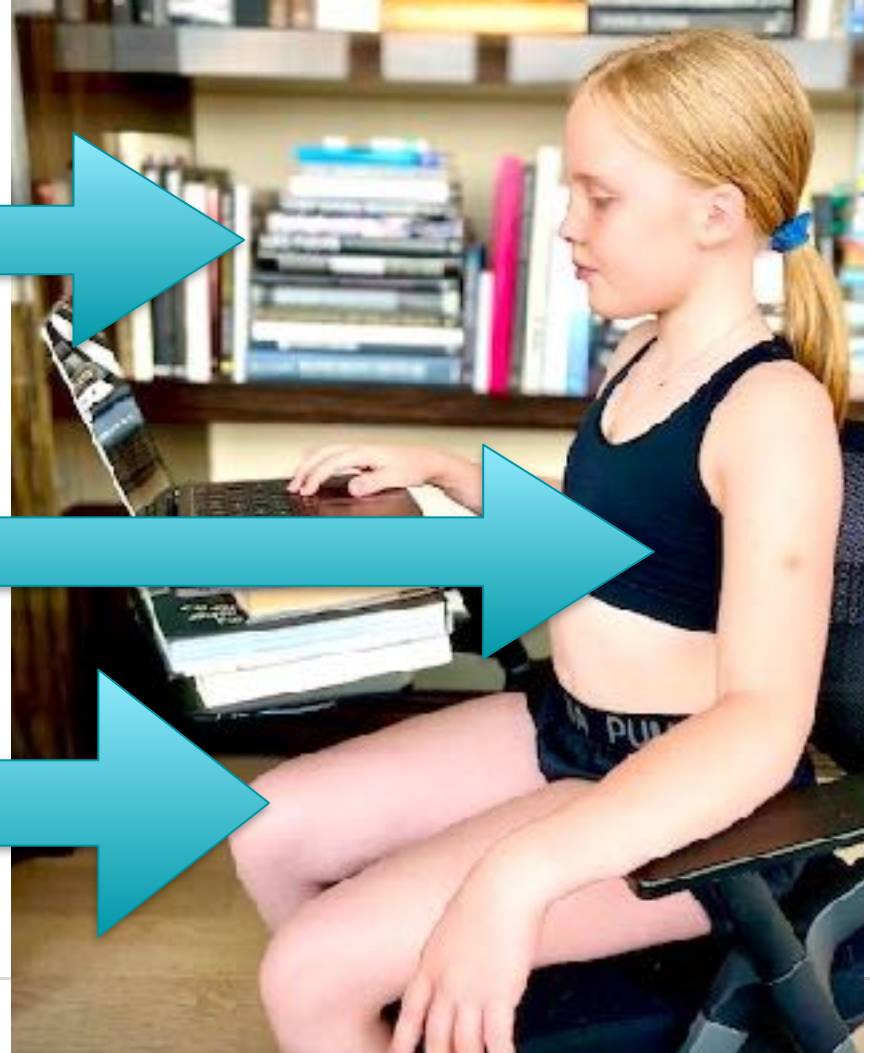
THIS TIME FRANNY HAD SOME HELP AND DID SOME RESEARCH HERSELF!

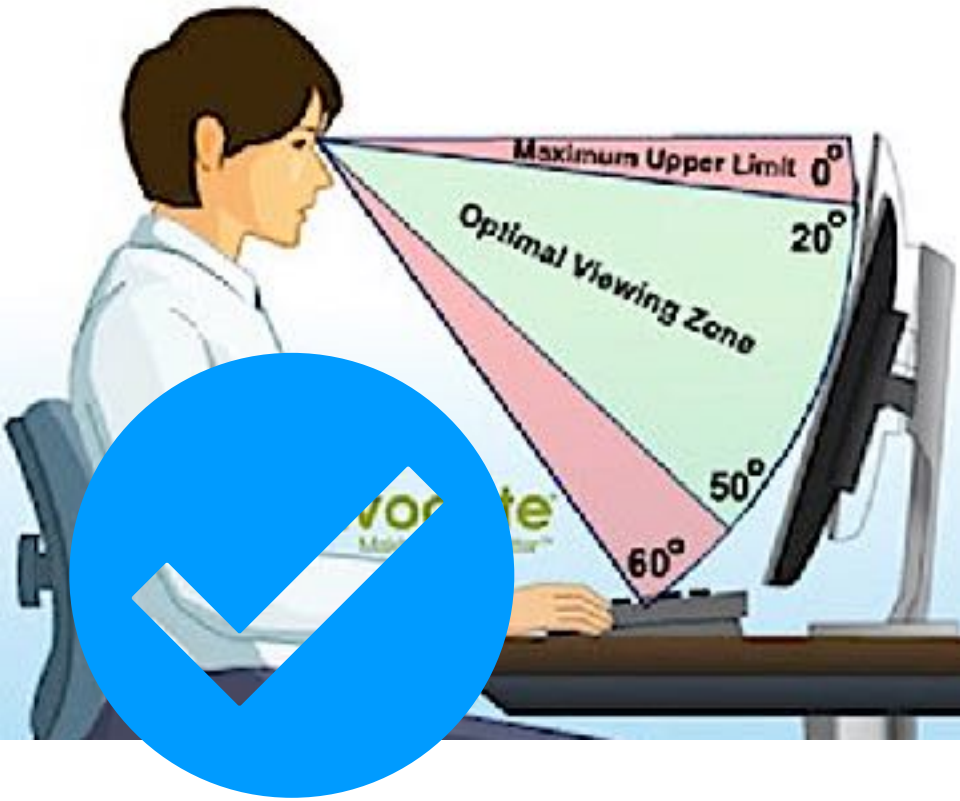
Eye position with the screen is within the “safe limits” although she did need to use books to help get the position right.

Her spine is straight and she is engaging her core. She seems to be enjoying her time on tech as well, and research suggests that children learn better when they use the correct seating posture.

The books used to raise the laptop, and Franny’s use of the arm of the chair is a better use of the chair. But much more research needs to go into designing the optimal desks for young children today.

Franny deserves a JFTC check mark! It all starts with posture! She’s done a great job





While Franny has shown a marked improvement in her own before and after versions of sitting with a screen, it is important to consult with a doctor if a child is experiencing severe or chronic pain after a long day of school work.



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Ok, I am much happier with my posture now.

Are you ready to re-fresh and rejuvenate with me?

It's easy, and fun. Just relax and breathe. You don't need any equipment. Sitting at a desk all day isn't easy, and add a Chromebook or iPad and we need a whole lot of breaks.

I'm going to give you a few easy ways to help your mind and body re-charge while at school or at home. It will be a blast! I promise!



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UPRIGHT SUPERMAN

We all need to feel like Superman or Wonder Woman every now and then. I would love to have a few of these moves before a test! It connects my mind to body and gets me moving! Get up and step away from your chair with a big smile and feeling gratitude. Stretch your arms over your head and exhale all of the stress of the day and inhale positive energy.

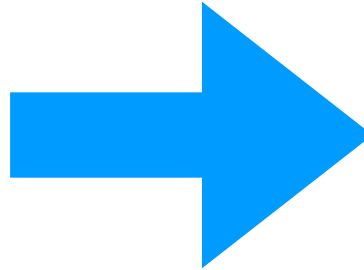


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Stepping away from the desk, Franny gets on her “Tree pose.”

The basic **TREE POSE** centers a child, bringing the mind and body together. Taking in a few deep breaths, and then returning to a standing position.

This is a great and easy re-set, before a test to reduce anxiety, in the midst of a very long exam, or right after a tough quiz. Kids need these moments, and most middle school classrooms should be able to offer students a chance to move mindfully.



WONDER WOMAN POSE

Appropriate for all ages, boys and girls - stand with your feet shoulder - width distance apart, core engaged and hands on your hips.

Take in three deep breaths, and focus on your inner strength, while imagining you can conquer the next challenge in your day!

I think Wonder Woman would be quite proud



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CRISS CROSS APPLE SAUCE! YOU CAN DO IT! IT'S EASY AND THE BENEFITS ARE HUGE!

Get up and get away from your desk - parents, teachers and kids - sit up nice and tall and [if you're able to] engage your core, and cross your legs (**CRISS CROSS APPLE SAUCE**) Great for all ages!

Criss Cross Apple Sauce can be done at any point in the day. Teachers, parents, if you see us kids looking a little "schpla" remind us to take 20 seconds or more to do this fun exercise.



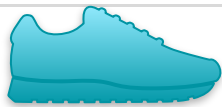
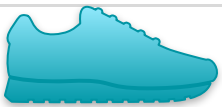
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Plank to Downward Dog



These are great exercises at any time of the day. But late afternoon, after a few hours of history and math, a couple of these moves, and I've got my groove back!

Just stepping away from the desk and screen changes everything about me. I learn better and feel calmer. These can be done right by our desks. And don't forget to wear bike shorts if you are wearing a skirt to school!



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CAT - COW - great for helping alleviate the pain associated with 'tech neck', this great body connecting move will help strengthen your lower back, core and neck. Here, Francesca begins in a high plank, with her core engaged and her hands aligned with her shoulders. Suck your belly in and round your back and hold for three seconds. Then, arch your back, stretching your body from your head to your hips.



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- Our busy young student wanted to help all children thrive in the 21st Century Classroom. The benefits of tech are immense but she learned some tools to help with studies during the pandemic. Francesca Kirsch researched the postures, thought about her own experiences in the classroom, talked to her famous trainer dad, and created a series of exercises and mindful techniques to help her peers across the world.

- If children are constantly looking at a screen and sitting in the same chair for hours at a time, the risks are pretty high of developing poor habits when it comes to posture, and overall physical development will slow down! The research reports are all on the AAP, NIH, CDC etc.. just search for them online! Franny did!



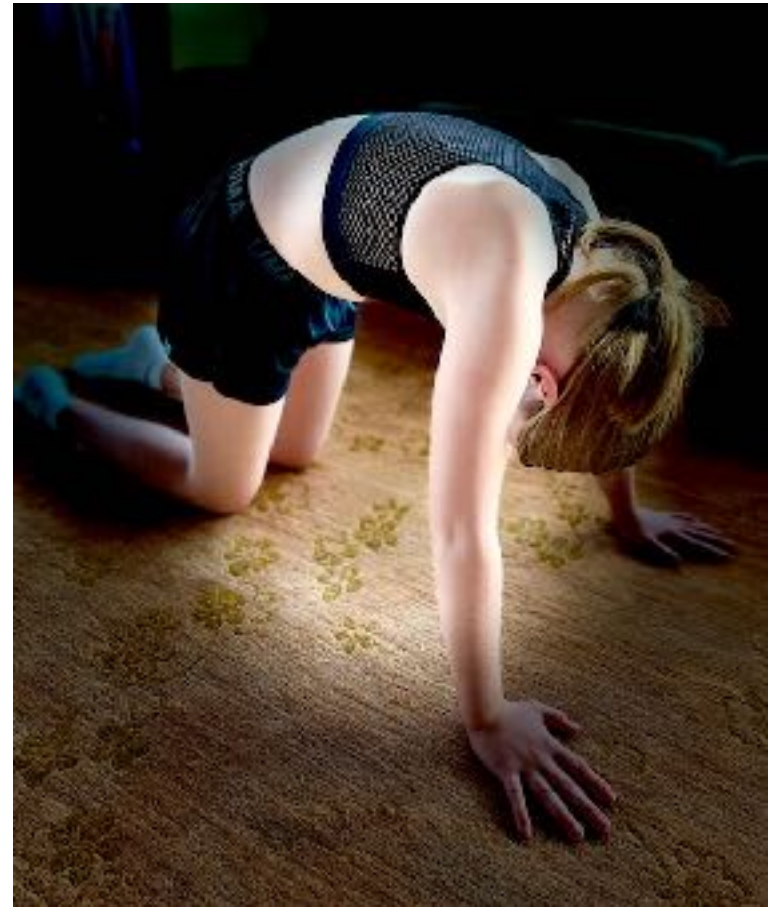
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A LOT MORE THAN A PAIN IN THE NECK?

Well, it could be! But we've got your back! Literally



Francesca has more tried and tested moves to help kids stay strong and mindful, as the 21st Century classroom adopts tech and screens of all kinds at a dizzying pace.



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As babies, we were born to move. Tethering us to a point is fine. But as the world becomes more sedentary, we have to make movement and mindfulness a habit and disposition of mind. That becomes part of our daily routine. **Just For The Children** believes that we need to invest more in making our children fitter and healthier, with simple yet important tweaks to our children's daily life!



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Summary:

- **In order for children to stay healthy and to learn, they need to move!**
- **Head up, eyes down. Striving for an upright neutral neck posture is a fine objective, but allow for a downward gaze with the eyes to reduce eye strain.**
- **Keeping the monitor or other source material further away reduces the strain of accommodation.**
- **Change positions and move.**
- **Use the 20-20-20 rule; every 20 minutes take a 20 second break and look 20 yards/ meters in the distance.**
- **Every child is different, so make sure that you make allowances for difference. But learning how to keep children safe in the 21st Century classroom is key!**





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