



The Perfect Daily Routine For Children To Enhance Productivity: Having the perfect daily routine that gives you time to work and rest in equal measure and keeps you happy and healthy is essential. With the kind of stressors that intrude on children's lives these days, problems of stress related autoimmune diseases and breakdowns are common. But here are ten steps to follow, if you want a healthy routine for students of any age.

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1. Wake up early
2. Have a healthy breakfast and take a bath
3. Review previous lessons
4. Attend school regularly and diligently
5. Come home and rest
6. Finish all homework and extra studying in the afternoon
7. Take time to practice hobbies and play to the heart's content
8. Eat a healthy, balanced diet for dinner
9. Spend time with family
10. Go to sleep early

Wake up early

One common characteristic of the most successful and famous people in the world is that they wake up early. Waking up early gives people the illusion of having a lot of time to do work. This puts the mind at ease. Also, the mind is very active in the morning because the bodily sleep cycle or circadian rhythm aligns itself with the rising and setting of the sun. This means early risers are more in tune with their bodies than late risers.

Have a healthy breakfast and take a bath

Breakfast is the most important meal of the day and should ideally be a little heavy. Eating a local breakfast items exist can be a great start to the day. Not only does it make the body feel satisfied but also makes for a pleasing beginning to the day. This can improve mood as



well as boost productivity. Bathing makes one feel clean and ready for the day ahead too. Having a nice shower makes one feel fresh and motivated about work too.



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Review previous lessons

This might seem like a tedious task, but prepping for lectures before the lectures actually helps smoothen the learning process at school. It helps children be more attentive, ask more questions and hence learn more effectively. In addition, this also acts as a pre revision of sorts, which makes study material easier to understand and remember. Less studying will be required later on if you just keep track of what's going in in small installments.

Attend school regularly and diligently

School is the most indispensable part of a child's life, and children should ideally attend school regularly. This is partly ensured by schools themselves, because attendance is a little stricter in school than in college. However, from the parent's end, it's nice to make sure everything is fine. If your child misses school or hates going to school, it might be nice to have a conversation about what's wrong and even visit a child psychologist.

Come home and rest

There is no doubt that school is tiring and long hours of attentive listening can drain the body. Plus, children also typically engage in a lot of physical activity during school hours. Thus, it's best to let them rest for a while after coming home. It's nice to unwind, while



doing a brainless activity like watching a cartoon, napping for a bit or just lazing around while reading. This gives the brain a moment to relax before beginning work again.



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Finish all homework and extra studying in the afternoon

Homework is a given part of all children's lives and one they are not particularly fond of. Thus, it is best to get done with it as soon as possible during the day. This leaves ample time for self care, hobbies and even other productive studying to do. Plus, the sooner the child begins studying in the day, the more productive he or she is likely to be. This is because starting earlier in the day prepares the brain for mental activity, giving it a boost

Take time to practice hobbies and play to the heart's content

For anyone, be it a child, teen or adult, it is very important to set aside time in the day to do what you actually like to do. This could be reading books, watching a movie or playing outside. Parents and elders should take care not to stop the child from doing this or scold the child for doing it. Some self care and engagement in hobbies is essential for healthy growth. It also keeps the child happy and satisfied, boosting productivity,

Eat a healthy, balanced diet for dinner

This is true for both children and adults, but especially children in their growing years need highly nutritious food. Eating fresh, local produce with ample vegetables and fruits, a decent quantity of serials and homemade sweets is important. Eating outside should be



limited to once or twice a week, according to expert nutritionists. Apart from this, involving children in the cooking process by allowing them to mix vegetables, separate husk from grain helps.



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Spend time with family

Having a small bonding activity after dinner, when everyone is at home, can be a great way to maintain your relationships despite having a busy schedule. Doing any fun activity together, such as playing Scrabble, Jenga, Monopoly, playing cards or any other game can boost everyone's mood instantly! You could also try doing something together, such as baking a cake, watching a movie or just sit and talk about everyone's day.

Go to sleep early

In order to wake up early and make use of the time when your brain functions optimally, it's important to sleep early as well. This gives the brain and body ample of time to rest and rest for the next day. Thus, sleeping by ten or eleven is ideal. In order to have an undisturbed sleep, you can make use of scented candles, incense sticks or night perfumes. Also, having a night time self care routine of any form makes nights relaxed and helps sleep better.

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