

7 ERGONOMIC EXERCISES

STUDENTS SHOULD DO WHILE TYPING

It is recommended that students take an ergonomic break every 15-20 minutes while they are practicing keyboarding. These breaks allow the students to relax while helping to instill positive and safe computer usage habits.

Below are seven exercises students can do during these 30-90 second breaks. Even if you have a shorter class period, try to have the students take one or two breaks to perform a variety of these exercises.

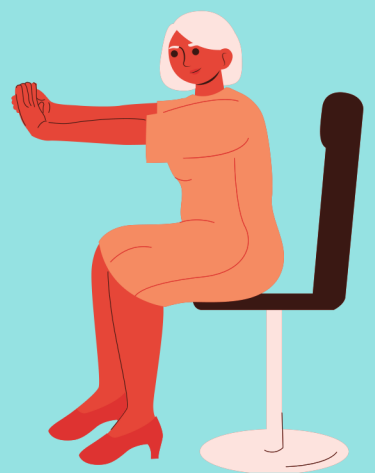


1 REACH FOR THE SKY

While seated, clasp your hands together and reach as high as you can towards the ceiling. Hold for five seconds. Then lean slightly over to one side. Hold for five seconds. Lean slightly over to the other side. Hold for five seconds.

2 REST YOUR EYES

Close your eyes and gently cover them with your hands. Hold this while taking a deep breath in through your nose and out through your mouth. When you open your eyes, focus on something across the room for five seconds.



3 STRETCH YOUR WRISTS

Hold one arm straight out in front of you and use your other hand to gently pull back on your fingers. Then gently pull your hand downward. Switch arms and stretch your other wrist, gently pulling back, then downward.

4 TOUCH YOUR FEET

While seated, lean forward and touch your feet. Relax your back and let your body hang there for a few seconds. Slowly sit up and breathe in through your nose and out through your mouth.



5 HANDS BEHIND YOUR HEAD

While seated, with your back straight, clasp your hands behind your head and push your elbows back. Take a deep breath while gently pushing out your chest. Lean back slightly and stretch. Hold for 20 seconds.

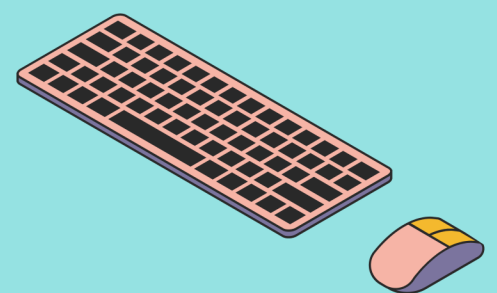
6 ROLL YOUR ANKLES

While seated, lift one foot off the floor and straighten your leg. Move your foot in a circular motion, three times clockwise and three times counterclockwise. Switch legs and repeat the circular motion with your other foot.



7 STRETCH YOUR NECK

Give your arms a rest by letting them hang down at your sides. Slowly tilt your head to the right and left three times to stretch your neck. Then, shake your arms and hands gently for 10 seconds.



8 BONUS TIP: AVOID EYE STRAIN

It's very important students rest their eyes every 5-10 minutes while using a computer. Have your students take a quick break to focus their eyes out a window or on something across the room. Extended staring and exposure to a closeup screen can cause eye strain, headaches, and loss of focus.