Checklist for a Healthy Online Learning Setup

Task	Notes	Completed
Set up a quiet learning area	Desk or table, away from distractions	
Check device and internet connection	Secure, updated, and ready to use	
Encourage good posture and screen setup	Screen at eye level, supportive chair	
Supervise sessions when possible	Stay nearby to monitor safety	
Promote healthy breaks	Take a short break every 20–30 minutes	
Encourage balanced routines	Adequate sleep, movement, hydration	
Discuss respectful online behaviour	Remind your child about safe digital habits	
Check in emotionally	Ask how they're feeling about lessons	