

Formula For Success

A daily three-step strategy for creating high-performing children.

Sleep, screen time and exercise are interconnected behaviours that impact on a child's cognition, including memory, executive function and attention, working memory and processing speed. Canadian researchers have studied 4500 children aged 9-10 years, and using the Canadian 24-Hour Movement Guidelines for Children and Youth measured the students against global cognition scores to arrive at three habits for optimal learning.

Step 1: 60 minutes of physical activity



Step 2: Two hours or less of recreational screen time

Step 3: 9-11 hours of sleep



Is this happening in your home?