



@

PREPARE, MOTIVATE, ORGANISE, PLAN TO SUCCEED-

Tips for doing your school work from home

Remember.....This is an exceptionally unusual learning situation- just do your best.

And to parents & carers- you are not the teacher: but you are someone who can help organise, motivate and nurture your young person.

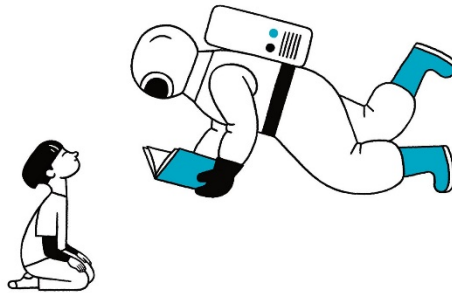
DEVELOP A POSITIVE MINDSET



Develop a personal mantra

- This is different learning but its ok
- I can do this- I am ok at this
- My teachers are proud of me
- I know how to get help if I need it
- It feels good to get the work tasks done

Get in the mood for learning by going outside, looking up at the sky, taking a deep breath, smile

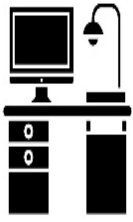


BE MOTIVATED

- Think- All my class is learning from home- we are all in this together
- Keep on top of your work tasks- we can all lose motivation when we slip behind
- Have breaks as rewards for finishing work tasks
- Reward yourself for all your effort
- Listen to the positive feedback from your teachers and parents/ carers

- Do things that keep your thinking brain active- brain breaks are great for this. But don't shut your thinking brain down by watching TV, You tube or surfing the net- especially in the morning.

BE ORGANISED



- Have a set working area- for some it may be the kitchen table, or in a study room at home. Make it the same space every day. Make it a quiet and comfortable space to work in.
- If you need to pack up the work space at the end of each day- have a box that you can put all your equipment/ books/ pens into a box- this saves the stress of finding it tomorrow.
- It's best not to work in your bedroom- bed rooms are for sleeping.
- Plan the school work tasks and daily schedule of activities. Include break times and lunch.
- Set a timer or alarm for break times and change of activities- depending on how you best work and the time length of the task
- KNOW WHO YOU CAN ASK FOR HELP FROM

HAVE ROUTINES



- Routines** reduce stress levels
- On school days- keep the day schedules at the same time- wake up at the same time, start your school work at the same time, go to bed at the same time!
 - Having a plan and knowing what is happening and when is great
 - Use a diary or a schedule to plan and tick off when completed
 - Consider wearing your sports uniform so that you feel connected to school
 - Maintain your sleep routines- poor sleep = foggy thinking brain= stress

TAKE BREAKS



- Stretch & move around for at least 15 minutes
- Get a snack and drink of water
- Go outside, look around- this exercises your eyes and focal distance (we are all having to spend too much time looking at screens!)
- But don't use this time to surf the www and more screen time