

# SURVIVAL GUIDE FOR HOME-LEARNING



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**1. CONCENTRATE ON THE BASICS** - We are living through a Global Pandemic. Our bodies are in survival mode. If you can do the basics, you are doing well. Ensure you sleep, eat, drink water, move around and get some fresh air.

## **2. KEEP A ROUTINE**

Our bodies and minds need routine to function properly:

- Get up at the same time each day
- Eat and sleep at regular times
- Follow your timetable on Teams

All of this will help you stay in a routine.



**3. TAKE REGULAR BREAKS** - You will feel better and work better if you take regular breaks and move around. You normally would if you were in school. Try and re-create the walk from class to class to help you get ready for your next lesson.

**4. STAY CONNECTED** - Do you normally work better if there are other people around? If so, could you video call with classmates to re-create this? If you work better alone, could you arrange a call with friends for break or lunch, or after school? You could maybe even go outside and meet a friend for a while.

**5. GET OUTSIDE** - Try and spend at least some time outside each day. Even if it's just a walk around the block. If you can use this time to meet up with a friend, even better.

**6. MAKE A WORKSPACE** - If possible, try to create a workspace for yourself. If you can avoid working in your bed, great. If you can't, at least get up and make your bed before you start your school work. If you're in your room all the time - try to make it feel good to be there. Would it feel better if it was tidier? If the window was open? If you had a pillow behind you, or on the chair?

**7. IT'S OKAY TO ASK FOR HELP** - Everyone is trying to get to grips with home-learning. If you didn't understand something, just take a note of it and you can ask your teacher (or a fellow pupil) at a later date. If you are feeling overwhelmed, try and talk to someone you trust about it. If you feel you are struggling, contact Pupil Support. You don't need to go through this on your own.

**8. WHEN YOUR WORK IS DONE, DO THINGS YOU ENJOY** - When you do things you enjoy, you feel better. When you feel better, you are more motivated to do your work. It's a cycle - work with it.

**BE KIND TO YOURSELF - YOU'VE GOT THIS!**