

How to help yourselves at home

Connect

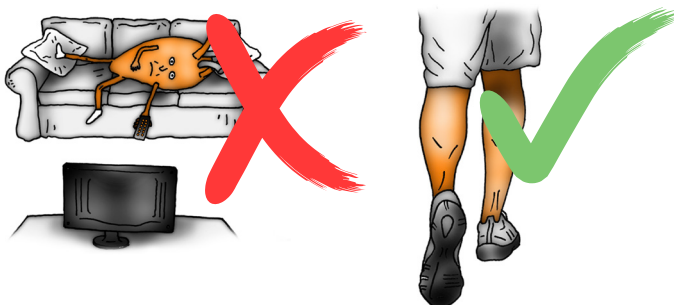
- Being isolated from others can affect your mood and happiness. Make sure you talk to people about how you feel, ask questions and avoid bottling things up.
- Stay connected with your friends or wider family daily. Use FaceTime or similar to see and talk to other people.
- Make sure you also have some time off technology each day, as a digital detox.

Keep active

- Exercise can improve your learning and attention span. It can also regulate your sleep cycle and boost your mood.
- Exercise helps to oxygenate the brain and release tension, helping you to keep calm, mentally relax and study more efficiently.
- Be flexible and fit exercise in around your daily routine. Find what works for you.
- Shorter, intense exercise is great during pressured times as it doesn't take too long.
- Take regular walks during the day to help you stay active and get fresh air.

Keep in touch

- Make sure you stay in touch with your school and teachers to get the latest updates about the current situation.
- Check with your teachers about how you are meant to submit any work, such as via Google or email etc.
- Speak to your friends on a regular basis, listen to the news and sign up to your school social media pages to ensure you don't miss any key information.



Routine

- It is important to maintain a daily consistent structure when learning at home.
- Map out a daily routine for focused school work tasks in the morning, a lunchtime break and then afternoon practical or more creative activities, such as reading, looking at nature, carrying out scientific experiments, drawing, cooking or keeping active.



Take regular breaks during the day

- You're less likely to get distracted while you are completing school work.
- Breaks actually make you work more effectively. After all that mental work, your brain needs a rest.
- It's much better to spend 60 minutes working well and 10 minutes on a break than to spend longer half working and half playing with your phone.

School work environment

- Get yourself organised and determine where you need to focus your time, e.g. which subjects, topics, what you know, what you struggle with etc.
- Map out what you are going to work on and when. Use a timetable or planner to do this. Choose a mixture of subject topics to focus on each day to make sure you are spacing them out.
- Doing work for eight hours in one day is not as effective as doing one hour of work for eight days. Avoid overloading your brain with too much information at one time.
- Doing something little and often and spacing things out in your day is better than working for longer periods of time.
- Create an environment with as few distractions as possible so turn off your phone, music or the TV when focusing on school work.