

GATHER YOUR RESOURCES

Make sure you can access the online learning resources provided by your school/college.

Map out what you need each day and make sure you have what you need to be productive!



ESTABLISH A ROUTINE

Create a timetable which reflects your normal daily life, with a daily to-do list.

Your routine should allow you enough time to do your online learning as well as regular breaks for self care and activities such as walking your dog.



SET UP A WORK ZONE

Set up a comfortable, well-lit area to work in. Tidy it away at the end of the day.

Avoid working from bed - when it is time to relax your brain might find it hard to shut off school work thoughts.



ASK FOR SUPPORT

It can be difficult to know how to handle the situation we are currently facing, but please know that your teachers are there to support you. Don't be afraid to ask for help with your online learning!



STAY IN TOUCH

Keep in touch with your school friends during this time - you can help each other with the work you have been set whilst also having a catch up .

Video calls to a familiar face can really boost your mood!



LOOK AFTER YOURSELF

Most importantly, look after yourself. Here are some self care ideas:

- walking around the park
- be creative or practice your hobby
- reading or watching a film
- talk to your friends
- listen to your favourite music

