

HOW STUDENTS CAN GET READY FOR THEIR SCHOOL DAY DURING LOCKDOWN



Find a place in your house which is quiet and conducive for learning



Plan and structure your day to include work, downtime, exercise, fresh air and family time



Make sure you are eating 3 well balanced meals each day. Don't forget to stay hydrated



If you are worried or struggling with a piece of work use an online tool to complete work with classmates or contact your teacher



Engage in live teacher contact where available



Get changed out of your pyjamas into comfortable clothes to work in



Get into a regular sleeping pattern. Try and maintain consistency with the time you go to bed and wake up



Set yourself small, realistic and flexible targets each day for work. This will help maintain a sense of motivation



Avoid too much screen time. Take small breaks if you have been on the computer for a long time



Stick to your school timetable where possible. Planning and structuring your day will help bring a sense of routine



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