

10 TIPS TO HELP STUDENTS PLAN THEIR SCHOOL DAY WHEN AT HOME



Get organised. Print out a daily or weekly planner and use it to schedule in school work



Be consistent with your routine and keep practising it



Stick to your school timetable where possible



Schedule in time for breaks to help maintain concentration and motivation



Schedule in activities where you know you need to connect with a teacher or classmate



Think about the things you want to do before you start working which will get you in the mindset of being ready



Be flexible with your targets. Don't punish yourself for not getting things down



Mix things up. Try a different routine and see what works for you



Don't forget to schedule in time for self care. Plan in activities that keep you connected



Find a classmate who you can work with online throughout the day. Check in on each other



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