



# LEARNING FROM HOME



### CREATE AN ORGANIZED LEARNING SPACE

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.

Have all materials set up and ready before class time.

### SLEEP

Keep devices out of bedrooms before bedtime and overnight. Make sure you are getting a full night's sleep.



### SET DAILY ROUTINES

Begin each day with connection and a healthy breakfast before school starts.

Establish times for breaks from school work and screens (if your schedule says recess - take a recess!).

Close each day with a predictable nighttime routine and strive for a consistent bedtime.

### LESSEN DISTRACTIONS

Eat only during break times.

Find a space and face a direction that helps you focus.

Turn off your self-view if seeing your own face is distracting.

Lock your phone away if you need to - don't be afraid to ask your parents to intervene.

### BE KIND TO YOURSELF

Remember that misakes are a necessary party of learning.

Practice is the best way to get better!

All things are difficult before they are easy.

Challenges are an opportunity to grow.

### TAKE BREAKS

Get up once in a while. Have a snack. Get outside. Make sure to break up screen time with projects, reading, and play.



### SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Tell your teacher that you're struggling. Ask your parents to help you with new strategies.



### BREATHE

Don't forget to breathe! Carve out time each day for activities that you enjoy (both parents and students) and make sure to carve out time to connect with peers and family members. Try some meditation if that works for you.

