



Learning @ home



BEFORE MY DAY OF LEARNING

- Eat breakfast.
- Brush my teeth.
- Get dressed.

DURING EACH CLASS

- Stay focused.
- Complete tasks.
- Use my best writing.
- Avoid distractions.

FOLLOW A REGULAR SCHEDULE

- Work at a desk or a table.
- Try to limit distractions.
- Take regular brain breaks and movement breaks.
- Have morning tea and lunch.

AFTER MY DAY OF LEARNING

- Check my work.
- Pack my school work neatly away.

Each day I will...



Connect
with my
friends, peers
and teachers.



**Reach
out**
for support if
needed.



**Take
breaks**
Seek fresh air
and natural light.
Move for 30mins.



**Eat &
drink**
for a healthy
body and
mind.



Prepare
for the next
day by having
a consistent
sleep routine.