

edYOUcate

This issue I'll be sharing some tips and advice about learning from home.

LOCKDOWN LEARNING Strengthening your tool kit

1 Keep where you study and relax separate.

Try not to study in your bedroom. If this isn't possible, then avoid studying on your bed. This allows your mind to separate learning and free time, helping you both concentrate & switch off at the end of the day!



2 Get dressed and washed every morning.

It's very easy in lockdown to forget morning routines. I've had to fight the temptation to stay cosy in pyjamas all day! However, even something as simple as getting dressed can improve our mood, provide structure and mentally prepare us for the day ahead.



3 Set goals for the day, but be kind!

Keeping a to-do list / calendar & setting a **few, clear** goals every day can help break down tasks into easier chunks. Remember though, we may not finish work as quickly as usual in lockdown, and that's OK...so be kind and don't overload yourself with more goals than you can manage at the moment.

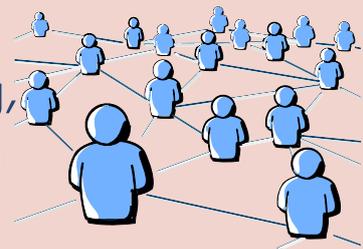


4 Stick to your usual school schedule

Life right now can feel unpredictable & strange, so it's important to try to keep some structure. Maintaining the same waking / sleeping & break times as a regular school day will also help make going back after lockdown less of a shock to our systems.

5 Stay connected with your peers / teachers

Keeping in contact with classmates can remind us that we are in the same boat and ease feelings of loneliness. It can be hard to admit if we're struggling, but if teachers know, they could offer help. Speaking with friends is an important way to cheer us up!



Remember: "You are not just learning from home right now, you are at home, during a crisis, trying to learn."

- Quote adapted from a Tweet by Canadian Federal Government.