

## Top Tips For Home Learning



### **1. Take lots of breaks.**

Often we have trouble concentrating because we are thinking about working for long periods of time. Using a timer to take regular breaks or separating your subjects into smaller intervals can help detach from the intensity of learning before your mind starts to wander.

### **2. More exercise.**

During this challenging time we may have a lot of pent up energy and limited attention capacity. We need to get moving. Try to incorporate PE in your day, jump on the trampoline, play sports together, and get active and moving, even if that means a dance party in your living room. The Body Coach is uploading daily PE lessons at 9AM that you can join in with:

[https://www.youtube.com/watch?v=4wzoy\\_J3I\\_c](https://www.youtube.com/watch?v=4wzoy_J3I_c)

### **3. Watch diet/sugar intake.**

You are going to have a hard time concentrating and sitting still if you have sugar running through your system. Our last topic in school was all about a healthy lifestyle. Try to have lots of brain food, less processed foods, and healthier omega-3 fats.

### **4. Create a routine.**

Remember, a routine is not a schedule. I am not asking you to write out what you will do at what time. Instead, consider making a plan of “what comes next.” If you plan your weekly timetable and include plenty of rest breaks it will help you achieve your objectives.

### **5. Create a quiet area.**

It is not always easy to create a full ‘work station’ to complete your home learning. But try to have an area where you can work with you books, pencil case, laptop etc. If you have brothers and sisters, it may be that if you complete work at the same time, the house would be quieter. However, if you’re sharing a computer, this may not be possible but you could choose a task that didn’t require computer access.

### **6. Variety.**

Variety is also important. You don’t have to keep to the same timetable each week. Plan a different timetable each Friday for the following week. Remember to include more creative learning activities not just your Google Classroom tasks.