Seven Simple Things
to think about
when working from home

Click on the pictures to find the tips

Set and stick to your routine

Get up at a sensible time for school, shower, eat and dress.
Get out of your PJs! This really helps to change your mindset.

Use the time you would have used for travelling to school either for exercise, listening to music/podcasts or for reading and chatting.

Once your school day begins, log in and get yourself organised for the day

Follow the rhythm of your normal school day - have a break around 11:00, change of scenery, have a snack.

Have lunch at a regular time

BACK

At the end of the school day, log off and go and do something to relax
Go to bed at a fixed time.

Take notice of what is going on around you

Stay connected, both to people and to what is going on in nature

Take time to look out of the window and see the changing weather and seasons.
Notice the different birds around your garden or area
See the plants changing, new flowers appearing, notice the stars.

Stay connected with friends
-but give yourself space from the relentless stream of social media

Stay connected with your family
- we may all be busy, but take time to interact with your carers & your siblings. Shared meal times can be an excellent way of catching up with each other and a time to talk about concerns.

If you are struggling, make sure someone knows.
Contact your form tutor or another responsible adult to ask for help, however great or small that help might seem

BACK

Make a dedicated workspace

If you can, find a quiet space away from people and distractions like the TV (or the kitchen, when you feel snacky). If at all possible, try not to work in your bedroom so that you differentiate between working and relaxing spaces.

Get everything you need in one place, before you start work – textbooks, pens, paper and anything else – and shut the door if you can. Put your phone in a drawer and check it only when you are having a break.

Lastly, get comfortable. While it might be tempting to sit on the sofa, it's much better to sit at a desk or table.

BACK

Build in some exercise daily

You could use the time you would have used for travelling to school to do some exercise, such as a walk round the block or an online exercise workout.

Get up and move between each session when you are sitting and doing your school work. Remember that at school you always walk between one lesson to the next - you could make that a time for walking up and down stairs 10 times, or doing a few minutes' stretching.

Physical exercise is very good for your mental health!

BACK

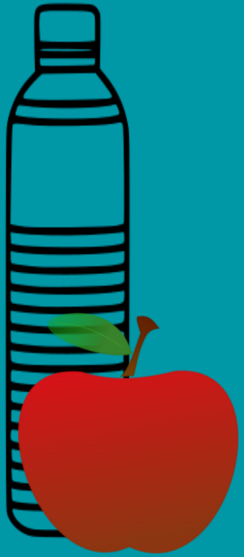
Eat and drink regularly - avoid snacking

Keep to regular meal and break times.

Have breakfast when you get up, before you sit down to your school work. You could use this as a time to talk about what you are going to do in the day.

Use your snack times for catching up with friends - get away from the computer screen!
Stop for a meal in the evening or lunchtime - it is a bad habit to eat while you are

You could challenge yourself to help with the cooking, or even to take over the planning and organising the shopping for one meal in a week.



BACK

Limit your screen time.

Where possible, get away from the screen and do your work differently.

If that's not possible, then during your free time, avoid sitting at a screen.

Find a book to read, listen to music or to a podcast, or try out a new creative activity.

BACK

Find something to be grateful for each day

It could be something tangible, like your cat, or your family, or something more like being thankful for a roof over your head, or that a vaccine has been developed. Whatever it is, try and find at least one positive thing each day.

Some people like to take a picture and save it, or post it somewhere like Twitter. You could even start a thankfulness stream somewhere with your friends.

BACK