STUDENTS LEARNING AT HOME



GETTING ORGANISED AND LEARNING AT HOME

CREATE A HOME LEARNING SPACE

Create a learning space preferably at a desk and away from distraction (Don't sit in your bed because this will be disruptive to your sleep patterns)



GATHER YOUR WORK AND ORGANISE

Place each subject's work in an orderly system

PLAN OUT YOUR DAY EACH MORNING

Create a plan each day of what subjects' activities that need to be completed. Use proformas attached.

MAKE LISTS

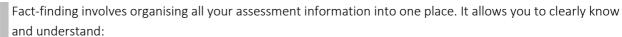
List what you need to do and prioritise daily. Reorder from most urgent to least urgent if necessary. Then start knocking some off.

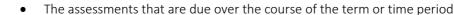
IF MOTIVATION IS LOW

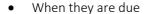
Start with something school related to help build motivation. Building momentum is the hardest part; however, if you start with a simple enjoyable task, it will help you get going.

FACT FIND

Don't forget assessment tasks! Have all your current tasks clearly written in one place. A proforma for this is provided below called the 'fact finder'







- What their format is (e.g. exam, assignment, in class task etc.)
- What topics they involve
- Their length e.g. A short story for English that must be 2 pages OR an

DON'T GET TRAPPED BY THE PHONE

avoid being easily distracted by your phone or other devices.

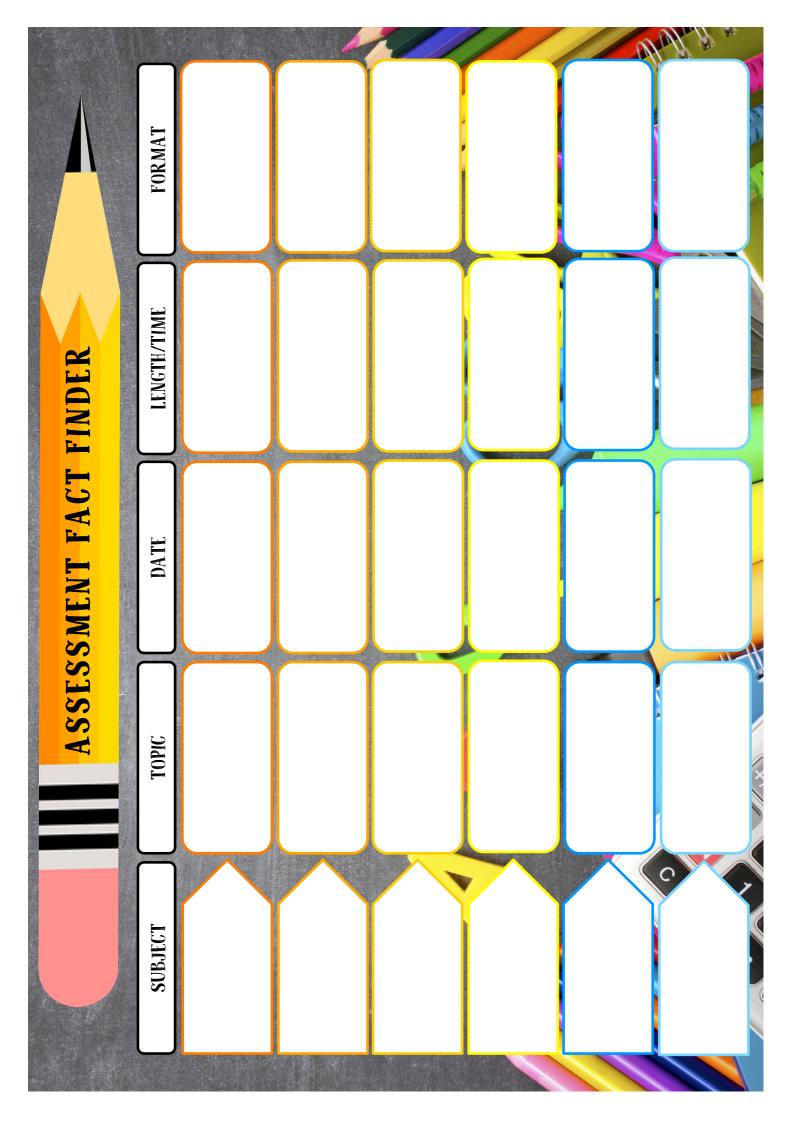


- turn off app notifications
- Monitor your screen time usage
- Leave your devices in another room
- Turn off your mobile phone

REMEMBER TO KEEP ACTIVE AND HAVE BREAKS

Advice attached







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						

WEEKLYPLANNER

MONDAY	GOALS & PRIORITIES
TUESDAY	
WEDNESDAY	TO DO
THIOGOAN	LICEVEND
THURSDAY	WEEKEND
FRIDAY	

DAILYPLANNER

Morning	Today's Goal
	Water intake
	Activity Register
Afternoon	
	To Do Tomorrow



PUSH YOURSELF BECAUSE, NO ONE ELSE IS GOING TO DO IT FOR YOU

1	
2	
3	
4	
5	
6	
7	
8	
9.	
10	
11	
12	
13	
14	

5 WAYS TO STAY HEALTHY AT HOME



Take 'you' time and avoid risk factors



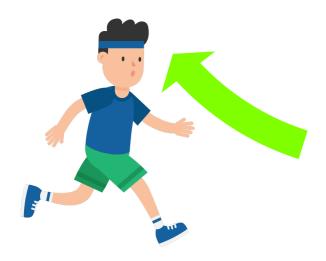
Aim for a consistent 8-9 hour sleep (and don't stay up too late)



Get 1 hour of exercise a day



Avoid sugars, salts and bad fats





HEALTHY SNACK IDEAS



VEGES & HUMMUS



CRACKERS WITH CHEESE, TOMATO AN AVOCADO



FRUITS



YOGURT AND BERRIES



CELERY AND PEANUT BUTTER



FRUIT AND NUT



BOILED EGG



TUNA & CRACKERS

EDUCATION APPS

APP ABOUT



Proofreading of essays and writing directly from the browser or via the app. It has world-leading rephrasing technology that will help make documents eloquent and grammatically correct. Features include: spelling, grammar and rephrase suggestions, cross platform (browser, phone and tablet), plagiarism checks and dictionary options.



Discover free audio stories that entertain, inform, and inspire. Explore shows you'll love from entertainment and comedy to news and sports.

Podcasts can be used for study or rest.



Grammarly makes sure everything you type is clear, effective, and mistake-free. There is a cost associated with the program; however, it is excellent for refining essays and even you resume.



Khan Academy allows you to learn almost anything for free. Users can master skills through practice questions, explore thousands of topic related videos and improve their learning.



Photomath is a camera calculator and math assistant! Point your camera toward a math problem and Photomath will show the result with solution



Search millions of study sets or create your own. Improve your grades by studying with flashcards, games and more, Create a custom diagram with locations, terms, and definitions. Then study it with activities and games — and see what you're learning in a whole new way!



Memorado is the leading gym for the mind - providing fun, personalised workouts geared towards boosting your memory, concentration and reaction skills. Choose from over 450 levels in 15 games based on neuroscience which are designed to help you get sharper, every day!

HEALTH AND EXERCISE APPS

APP ABOUT



Sleep Cycle is an intelligent alarm clock that tracks your sleep patterns and wakes you up in light sleep - the natural way to wake up, feeling rested and energized. ... As you sleep, you go through different sleep phases, ranging from light to deep sleep and back again.



HEAD SPACE

Headspace (guided meditation platform). The company mainly operates through its online platform, which provides sessions of guided meditation to its registered users with the goal of mindfulness.



SMILING MIND

Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all.



SPRING MOVES

Spring is a music fitness app that helps you stay motivated during your workout.



FOODUCATE

Fooducate is a free app and website that evaluates various foods based on how good they are for you. Fooducate's Grading System: Fooducate uses an algorithm to grade foods, selecting a rank from a list of 10 grades from A to D.



RTFT is a school-based physical activity program designed for secondary school students. RT for Teens aims to help teenagers develop the skills and confidence to engage in foundational resistance training activities. Download and register using the school code: LIHSD12Z



MyFitnessPal is a smartphone app and website that tracks diet and exercise to determine optimal caloric intake and nutrients for the users' goals and uses gamification elements to motivate users.

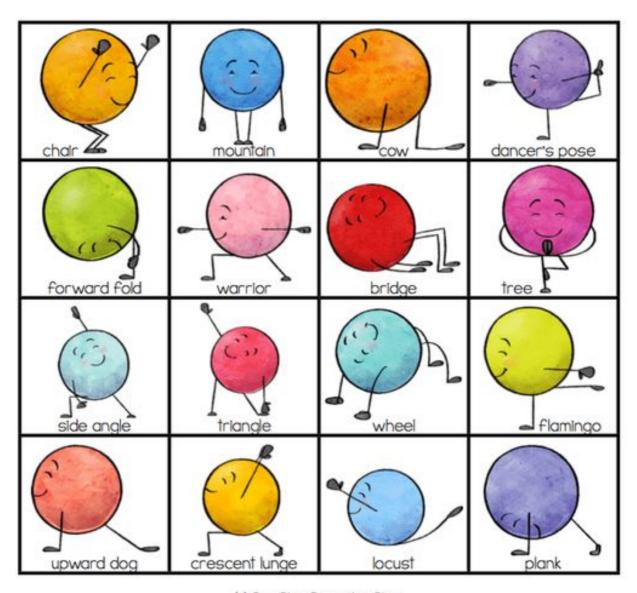
STAYING ACTIVE BINGO

SELECT 1-2 ACTIVITIES A DAY

go for a bike ride if you have a local track	YOUTUBE Yoga for beginners	Go for a walk or jog around the block	Create a funny dance and film it
Complete the name workout challenge (attached) Select 8 activities from the pick me workout and complete. 10 second rest between each exercise.		Complete the name workout challenge with a sibling or parents name (attached)	Just dance 'Waka Waka'
Complete a YOGA routine (see attached)	Crepe paper maze (see attached check with your parents first)	Select 12 activities from the pick me workout and complete. 10 second rest between each exercise.	Clean your room and Vacuum
YOUTUBE At home workouts	complete		Just Dance Choose you video
Resistance Training for teens app workout	DIY balloon Volleyball with a sibling	YOUTUBE PE with Joe	Offer to clean a room in the house

PICK 10 activities. Hold for 40 seconds, rest for 10 seconds between each pose

YOGA BINGO



(c) One-Stop Counseling Shop





THE

NAME

WORKOUT CHALLENGE



Spell your name to make your workout!



- A 10 burpees
- **B** 1-minute plank
- C 20 high knees
- **D** 10 mountain climbers
- E 15 lunges
- F 20 crunches
- **G** 30-second raised-leg plank (each leg)
- H 20 mountain climbers
- 1 15 squats
- J 10 tricep dips
- K 20 push-ups
- L 1-minute wall sit
- M 15 squats

- N 20 burpees
- O 15 push-ups
- P 10 jump squats
- Q 30-second sideplank (each side)
- R 45-second wall sit
- S 15 sumo squats
- T 15 burpees
- **U** − 20 jumping jacks
- V 30 high knees
- W 15 tricep dips
- X 2-minute wall sit
- Y 15 crunches
- Z 20 burpees



PICK ME WORKOUT



DON'T FORGET

AVOID MULTI-TASKING

FACTS

Using social media and multitasking reduces the capacity to remember content.

Splitting tasks minimises levels of concentration.

TIPS

- Turn your phone off and log out of social media.
- Remove materials that will distract you.
- Keep your desk clear, neat and tidy.

SLEEP TIGHT



FACTS

While you sleep the brain processes and stores information that you learnt during the day. It moves information from short-term memory to longterm memory (consolidation). Regular sleep will minimise mental health issues.

TIPS

- Have a sleep routine i.e. a consistent bedtime and wake up time.
- Sleep no less than 7 hours and no more than 10.
- Too much and too little sleep is bad for your health.

EAT RIGHT



FACTS

Certain foods nourish the brain, improve clarity, increase problem solving & enhance recall.

Some foods like simple sugars cause a crash and burn effect and brain blocks.

TIPS

- Before studying snack on brain friendly food such as nuts, fruits, and vegetables.
- Avoid sugars and processed foods, they will cause a mental fog, poor concentration and stress.

GET MOVING



FACTS

Exercise releases
endorphins, which
improve your mood.
It will increase
motivation and improve
mental clarity/focus
when doing schoolwork.

TIPS

- 30 minutes to an hour of exercise is proven to have the greatest mental benefit.
- Cardio is best for mental clarity.
- Avoid exercising for too long, as it will have a burn out effect.