

PUPIL GUIDE TO DISTANCE LEARNING

AND HOW TO STAY WELL AND
HAPPY IN THE PROCESS

EDITION 1

#DISTANCELEARNINGTEAM

HELPING YOU ADJUST

As we are moving to a new and different way of 'school' and distance learning, here some tips on how to get the most out of it.

Over the coming weeks, we will send further editions with more ideas and suggestions.

THE CHALLENGE:

- Being at home with the family



REMEMBER:

- This is not an easy time for anyone: be sensitive to your family's worries and concerns
- Be nice to your parents – don't make things more difficult
- Be nice to your siblings – they are going to be your best friends in the weeks to come







KEEP IN TOUCH WITH FAMILY AND FRIENDS

- Don't just text message: make sure you see people and talk to them **'face to face'**; this is much better for your wellbeing and theirs!

POSITIVITY DIARY

- You might already have one, but if not, this might be really positive: write about what you are grateful for, what has been great and fun, what you have achieved...

Dates: to

5 positive things that I liked about this week:

1. _____
2. _____
3. _____
4. _____
5. _____

This week I helped with

I was creative this week when I made:

My best idea this week or thing I want to invent is:

My favorite thing I did this week was:

Next week I hope I get to do this:

This week I felt: 😊 😐 ☹️

So I can feel better, I know I should talk to:

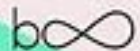
_____ about:

How to make your **DAILY ROUTINE**

Create a daily routine
schedule that suits you
perfectly



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LONGEST HOLIDAY OF YOUR LIFE?

- No! Learning will continue in term time.
- Establish a really good, balanced work/fun routine and stick to it

SCREEN TIME



- Check your daily screen time (mobile, Microsoft Teams, TV, gaming etc)
- Think carefully: how can you reduce your screen time in favour of other activities?

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**Stay
Active**



**ABSOLUTE
BEGINNERS
HIIT
WORKOUT**

END OF EDITION 1!

WATCH

THIS

SPACE

- More to come soon!