



Roll Back Into Routine

It's February. Or, as it is often called "the long stretch between Winter Break and Spring Break."

After a few weeks off of school for Winter Break, perhaps you've lost your passion to consistently do your best. Don't worry, it can be difficult to get back into the groove and reestablish routines and strategies that you used before the vacation. Read on for some suggestions to help you survive and thrive!

1. Remember your routines. Our bodies were designed to function best with a daily routine and pattern. It helps us to feel safe and secure. Now that you're back to school, it is important to get back to the routine of doing your homework at the same time, eating dinner at a regular time, and going to bed at a consistent bedtime. Some kids can benefit from setting alarms to remind you to do these activities at the proper time. (At least until the routine becomes second-nature to you again.)

2. Eat healthy! Allow yourself enough time in the morning to eat something before you leave the house every day. Or, if you like to sleep in, buy some apples or bananas that you can easily eat on your way.

3. Don't race the bell. Arrive early, organize your books, pencils, papers, and homework. Don't wait until the last second to join class and put everything that you don't need away from where you are working so that it does not become a distraction.

4. Create a study plan. Those of you that are in High School, consider thinking of your studies as your full-time job. If you put a solid eight hours into your studying, you will still have time to play and rest. Make a plan to succeed in each class. Mark an agenda or calendar when major projects are due and when there are tests. Study a little each night instead of cramming the night before.

5. Don't forget to have fun! School is about growing academically and socially. Don't become so focused on your studies that you forget to enjoy yourself. When you grow up, you won't remember everything that your teachers taught you, but you will remember your friends and the activities. Plan time to get together with friends after you've finished your studies. It can be a nice goal or reward to look forward to.

Following these tips will help you to navigate your way to Spring Break and ultimately to the end of the school year.



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