

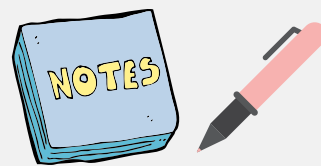
# LEARNING FROM HOME



## SET YOUR SPACE

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



## TAKE NOTES

Stuck in a Zoom meeting zoning out? Note-taking keeps your mind engaged.



## PLAN YOUR DAY

If you have one, follow the schedule provided by your school or University.

If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.



## SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Ask your parents, or reach out to your teacher.



## CHANGE IT UP

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min break and come back to it - just let your teacher know.



## TAKE BREAKS

Get up once in a while. Have a snack.



## LESSEN DISTRACTIONS

Harness your imagination and picture that you're at school and not at home.

Lock your phone away if you need to - don't be afraid to ask your parents to intervene.



## JOURNAL IT

Use a journal to track your progress or any questions you might want to ask your teacher about the work.



## STAY ACTIVE

Go for a walk or get out in your backyard for some fresh air.