

CONTINUITY OF LEARNING WITH MS. D

Tips for getting back into a routine

PLAN AND SCHEDULE YOUR DAY

Make a list of activities and things for you to do at home. This list should include a variety of activities, like: physical activities, creative activities, literacy activities, chores/ jobs around the house, breaks, numeracy activities, kindness activities, etc.

(see the tabs for some ideas on activities to incorporate)



ADJUST YOUR SLEEP SCHEDULE

Let's get back on track! Go to bed 30 minutes earlier than you did the night before and repeat this until you are able to get at least 10 hours of sleep and wake up at 8am (that's a 10pm bedtime, at the very latest).

Set your alarm for 30 minutes earlier each day until you are able to get up for 8am. Make sure you *actually get out of bed* and begin your morning routine!



SET UP A LEARNING ZONE

Set up a comfortable, well-lit area and designate it for work.

Avoid working from the couch or bed - when it is time to relax your brain might find it hard to shut off work/ school thoughts.

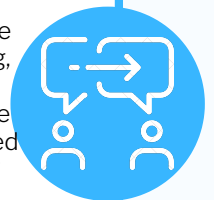


CONNECT WITH YOUR FRIENDS AND PEERS

Check in with your friends and peers by messaging, facetimeing, calling, emailing them or however you usually communicate.

Make a point to communicate with at least one person each day. Even though we are isolating, we can still connect.

Uncertain of what to talk about? Check out the ideas in the class blog and see if they have tried anything. What do you do when you're bored? What have you played or watched recently?



CHECK YOUR EMAIL AND COMMUNICATE WITH YOUR TEACHERS

Check your student email at least once a day.

Check the class blog at least once a day.

Make sure you can access Microsoft Office Teams with your school log in information.



BE GENTLE WITH YOURSELF AND GO WITH THE FLOW

Getting into a routine may sound simple but after having been away from school and, most likely a routine for the past 3 weeks, it will take some time for your body and mind to adjust.

Keep in mind, during this time, things may be different in your home as well. Be a team player and do what works best for you and your family. Just go with the flow.

