



LEARNING AT HOME

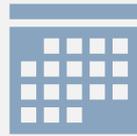
Whilst you are unable to attend
The County High School, Leftwich

BEING READY TO LEARN
(EVEN AT HOME)

TIPS FOR LEARNING AT HOME - PLAN YOUR TIME



Think about how you learn best - do you prefer to work in short bursts or over longer periods?

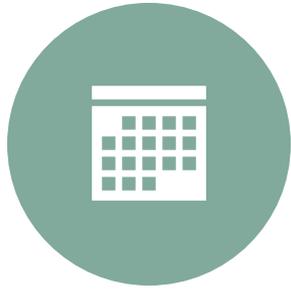


Plan how much time you need for the work set in each subject.



Evaluate your plan every few days - is it still working and keeping you busy?

TIPS FOR LEARNING AT HOME - STAY MOTIVATED



SET YOURSELF GOALS EACH DAY



Work towards completing a task



Ask those around you to get involved in your learning



STAY CONNECTED with others - **WE** are all in the same situation

TIPS FOR LEARNING AT HOME – STAY FOCUSED

For every 50 to 60 minutes of study time, plan a 10 to 15-minute break.



When taking a break, get a healthy snack for an energy boost, be active or listen to music.



Schedule time for additional learning when you are at your most focused and alert. For example, you might find that you retain more information during the morning.

TIPS FOR LEARNING AT HOME - REWARD YOURSELF



Have a cup of tea or coffee



Eat your favourite healthy snack



Watch television during your breaks



Chat to friends online during your breaks



Read or listen to a chapter from your favourite book (<https://stories.audible.com/start-listen>)

TIPS FOR LEARNING AT HOME - SET REALISTIC EXPECTATIONS



Learning at home is very different to being at school, accepting that there are more distractions is important.



Managing these distractions and keeping them to a minimum needs to be part of your daily planning.



Studying on your own, for long periods of time, can become tedious - make sure that you are having regular breaks. Learning at home, to this extent, isn't something you've ever had to do before, so be kind to yourself and allow time to get used to the new learning routine.

TIPS FOR LEARNING AT HOME - SET THE RIGHT ENVIRONMENT



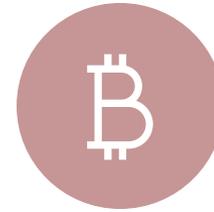
GET STARTED EARLY - PRETEND YOU ARE GOING TO SCHOOL (TRY NOT TO STAY IN YOUR PJS).



FOLLOW A STRUCTURED DAY.



CHOOSE A WORKSPACE THAT IS COMFORTABLE.



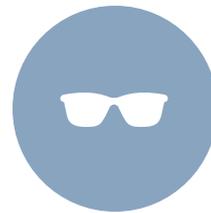
LIMIT YOUR SOCIAL MEDIA TIME - USE IT AS A REWARD.



TAKE REGULAR BREAKS.



HAVE A QUIET SPACE WITH FEW DISTRACTIONS. T



TRY TO WORK IN A COOL, BRIGHT SPACE.

TOP TIPS FOR SUCCESSFUL LEARNING



REWARD YOURSELF - In between sessions, eat your favourite healthy snack and watch a bit of TV.



EAT, SLEEP & EXERCISE - For your mind and body to perform at their best, you need to take care of yourself. Make sure that you get enough sleep, eat and drink well, and exercise.



TIME AWAY FROM STUDY - Make a hot drink, but don't take it back to your desk with you. Drink it away from your workspace and try to relax.



REMEMBER TO PAUSE - Go for a walk, or just sit outside for some fresh air.



DON'T GO IT ALONE - Have a chat with someone that is also practising knowledge recall - you can give each other support and study ideas.



BELIEVE IN YOURSELF - When we're faced with new challenges, we often forget about how far we've come and how much we've already learned. Try to replace worries with positive and proud thoughts.

ADVICE FOR PARENTS

REGARDLESS of your child's age, it is important to have a schedule for them during their additional time at home. Provide a structure to each day by allocating time to different activities and sticking to this on a day-to-day basis.



Home learning doesn't mean that you have to be the teacher. Use the things available to you, such as work set by your child's subject teachers and by the many online free resources now becoming available.



Try to fit exercise into the daily routine. If outdoor activity isn't an option, there are many workouts or yoga classes for young people available on websites such as YouTube. Don't forget that Joe Wicks is providing PE lessons each day via YouTube.



Your child will still need to socialise with their friends and peers. If this is not something they can do face to face, then it is important to allow them time to chat to friends on things like Facetime, for example.