

# 8 Handy Tips for Home Learning (for Students)

Whether it's your first time, or if you've done home learning before, adapting to a home learning routine and environment can be challenging. These tips will support your mental and physical wellbeing, and create a more positive experience while learning from home!

## No. 1

### Stay Motivated with Positive Thinking

Use positive thoughts to help you cope.

For Example: 'I'm going to take this one day at a time and try my best' OR 'I'm going to learn some cool things today, to achieve my future goals'

## No. 2

### Maintain Structure and Routine

Go to bed & wake up at the same time each night & morning. Maintain a morning routine eg. Do stretches, shower, get dressed, have breakfast. Jot a plan for the day or week to help you feel organised & in control.

## No. 3

### Eat Healthy Food

Good nutrition and healthy eating will give you the energy to get through the day & physically feel healthier! Eat plenty of veggies, fruit & drink lots of water

## No. 4

### Be Physically Active Daily

It's a scientific fact that exercise brings us good feelings. Examples you can do from home include a morning fitness routine, yoga, dancing, or walking

## No. 5

### Take Regular Breaks

Take regular breaks each hour, and do things that will rejuvenate you, such as exercising, drawing or journaling, listening to music or meditation, chat to a friend & motivate each other at lunchtime

## No. 6

### Try to have a Designated Study Space

A designated study area is ideal. This space should be away from distractions such as excess noise, TV or access to social media, to help you focus. This space should also have the correct equipment to provide you with the right postural support. If you are sharing a space with family, try to have your own section of the room or desk

## No. 7

### Ask for Help

Your teachers/school support workers, parents and caregivers, and external youth workers are available if you need help with your school work, motivation, mental health needs or anything else you're struggling with!

## No. 8

### Be Kind to Yourself

These are unusual circumstances that can feel overwhelming. Be patient and kind to yourself as you adapt to a new way of learning. At the end of the day, ensure you take time out from studying to relax, have some fun and connect with your family and friends (even if it's online!)



YOUTH & COMMUNITY

[www.2connect.org.au](http://www.2connect.org.au)

Remember, home learning is not forever and school will return soon when it is safe

If you are feeling stressed or just want to chat, please call 2Connect on 95561769 or KidsHelpline 24hrs on 1800 55 1800