

Tips for Home Schooling



- Set up a designated space for schoolwork, i.e., kitchen table, breakfast bar.
- Agree with your child what time schoolwork will take place.
- Set up a daily schedule or routine, to show your child what they expected to be doing.
- Allow for movement/brain breaks throughout the day.
- Use motivators to help start the schoolwork, i.e., **first maths then Lego.**
- Use a countdown to help them see how long they will be spending on each piece of schoolwork.

I can do my schoolwork at home



I am now doing my schoolwork at home due to my school being closed. My school is closed due to the Coronavirus, to help keep me safe.



My teacher is sending work home for me to do, so I can continue my learning. Some work my teacher will send me will be done online and some will be worksheets.



Schoolwork is important, as it helps me learn new things. Learning new things can help prepare me for a job I want when I am older.

I want to be _____



I might not like doing schoolwork at home, it might make me angry having to work at home. Most kids don't like doing schoolwork at home, but my teacher is giving me work to do and is expecting me to do it. This will help me learn more.



I might not do my schoolwork first thing in the morning, when I wake up. I might want a break first, that's ok.

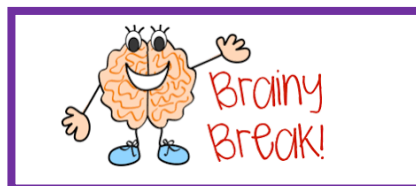
Unlike school I can be more flexible with when I do my schoolwork. I can agree with mum a good time to start schoolwork.



I will try and stay calm when I take out my schoolwork. I might not like doing it but if I finish my schoolwork, I get back to doing things I enjoy.



I can use my schoolwork planner to figure out what order to do my schoolwork in. This can be my choice. If I need a short break, I can use a brain break card. If I need help, I should ask my mum.



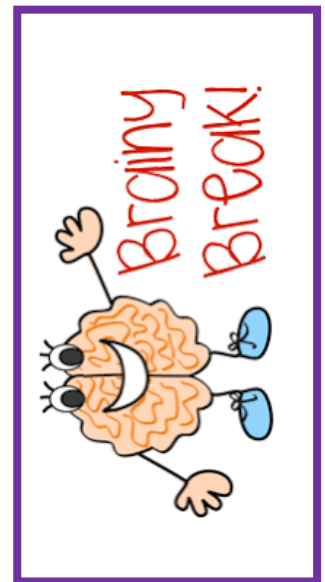
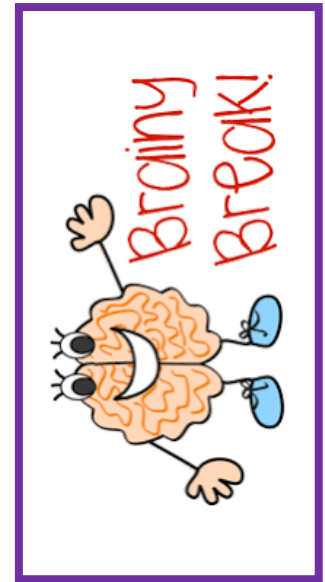
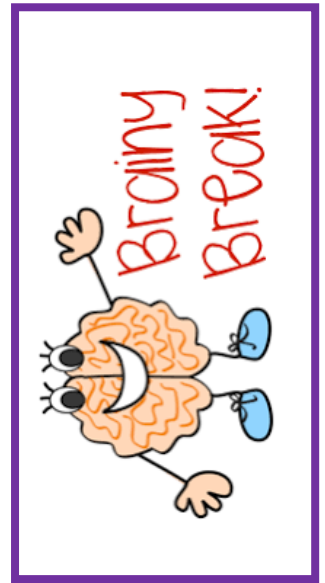
When I get my schoolwork done, I won't get in trouble with my parent or teacher. They will be proud and happy with me for doing my schoolwork.



Schoolwork Planner

Work
Timetable

Tick

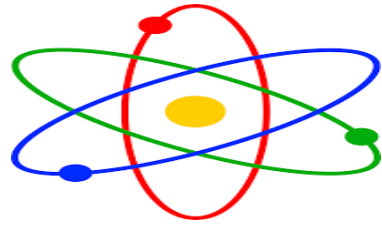


Schoolwork Pictures

Maths



Science



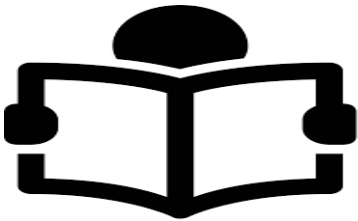
Letters



Geography



Literacy



History



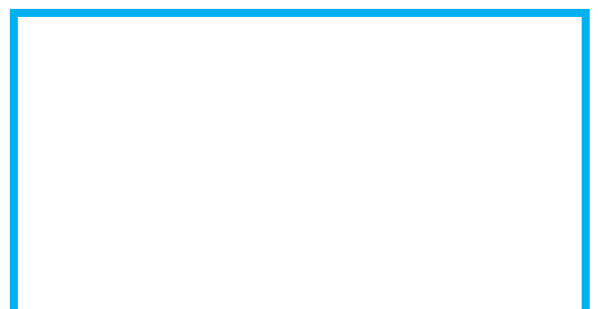
Sports



Computer



Art



Schoolwork Words

Maths

English

Science

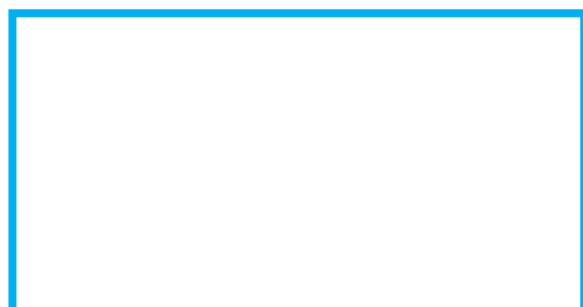
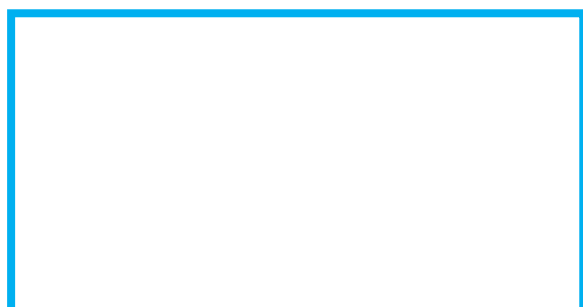
History

Geography

Sports

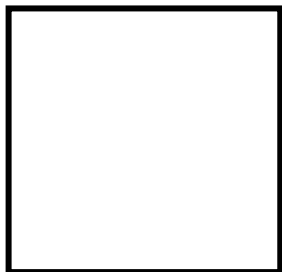
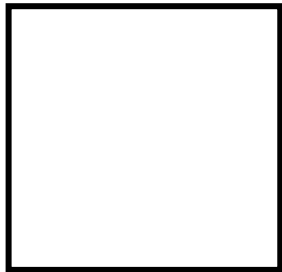
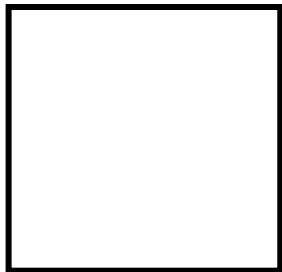
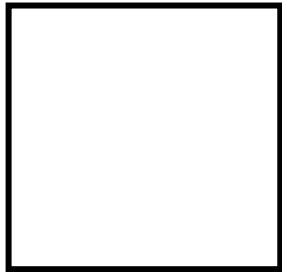
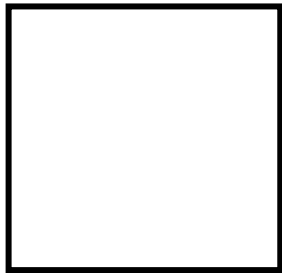
Art

Computer



Countdown

How much longer?



School work Agreement card

Things I can control about school work

The order I do schoolwork in
 If I use a brain break card
 Choice of schoolwork and time
 What I do when schoolwork is over



Things I can't control about homework

That it should be done when my teacher gives it
 What type of schoolwork it is
 Some schoolwork takes longer than others

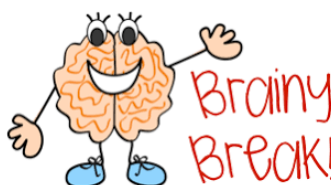


I _____ agree to try and complete my schoolwork according to the school's rules. I will try and keep a calm attitude and when I am done, then I get to do things I like.

Date _____

Signature _____

Brain Break Ideas



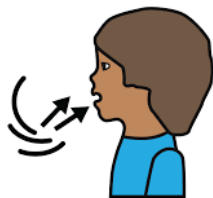
Push ups



Running



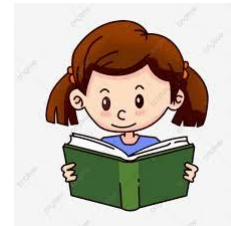
Colouring in



Deep breathes



Wall pushes



Read



Write in journal



Use fidget toy

