

I can do homework

Most days I get work sent home from school. This is called my homework. It is work I do outside of school. There are a few reasons why doing homework is important.

- My teacher might not have enough time during the day to teach all the things I need to know
- It can help me remember what I have learnt in school or learn brand new things
- Doing homework will make me smarter as I grow up

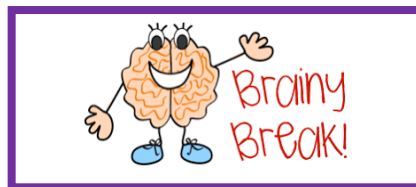


I might not like doing homework, it might make me angry having to do more work at home. Most kids don't like doing homework but it is a rule the school have that kids should do their homework to learn more. Parents do not make the rules around having to do homework.



I might not do my homework as soon as I get in from school because I need a break first, that's ok! I can agree with _____ a good time to start my homework. I will try and stay calm when I take out my homework. I might not like doing it but if I finish my homework, I will get back to doing the things I enjoy like _____.

I can use my homework planner to figure out what order to do my homework 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 _____.

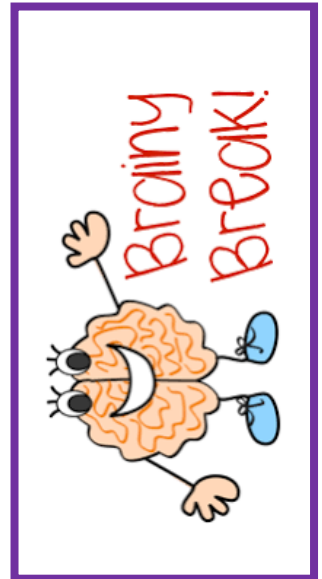
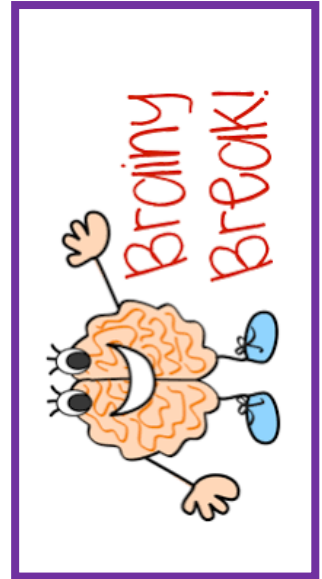


When I get my homework done, I won't get in trouble with my _____ or teacher. They will be proud and happy with me for doing my homework.



Work Timetable

Tick



Things I can control about homework

The order I do homework in

If I use a brain break card



Choice of homework time, pick

_____ or _____

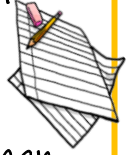
What I do when homework is over

Things I can't control about homework

That it should be done when my teacher gives it

What type of homework it is

Some homework's take longer than others



I _____ agree to try and complete my homework according to the schools rules. I will try and keep a calm attitude. When I am done with homework, then I will get to do things I like.

Date _____

Signature _____

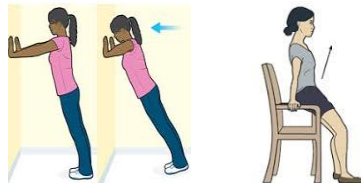
Brain Break ideas

Squeeze hands together



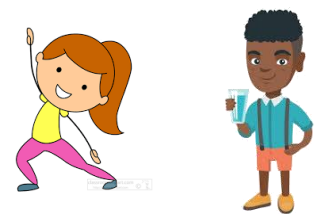
Clasp your hands together and squeeze them as tightly as you need to for 5 seconds, let go for 5 seconds and repeat a few times

10 Chair or wall Push ups



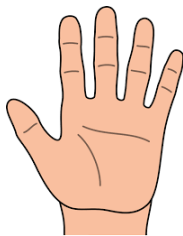
Push up against and away from a wall or lift your body up and down on a chair using your arms for a short time

Stretch and get a cold drink



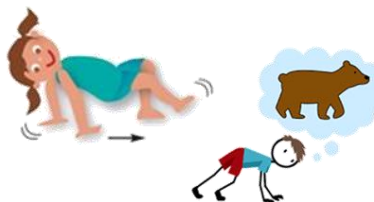
Stand up and stretching your arms and legs and getting a cold drink can be a good break

Deep breathing



Spread fingers like a star, use your pointer finger on your other hand and trace around the star hand. Breath in and out slowly as you trace your fingers up and down until you are finished going around your hand

Bear or crab walks



Get some movement by practising walking like a bear or a crab

Volcano breathing/movement



Crouch down to the ground and take a deep breath in. Then explode up in the air with hands above the head exhaling as if lava was flowing out of your head.