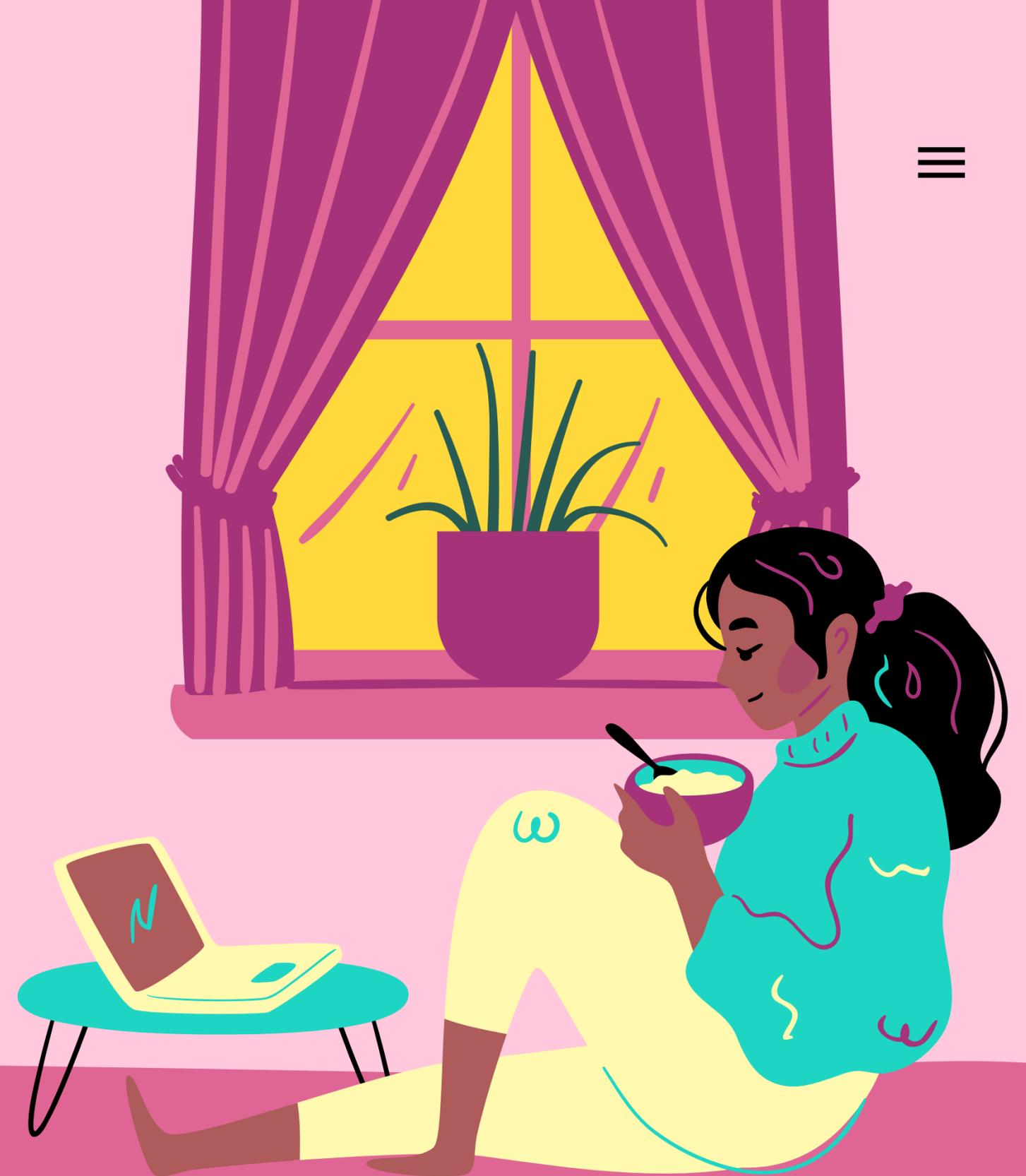


Set yourself up for success!

ROUTINES FOR REMOTE LEARNING

Achieving school goals the healthy way



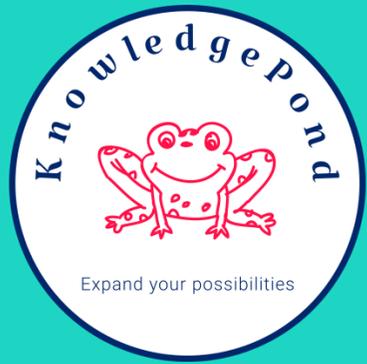


Self-check:

HOW IS YOUR DAY GOING?

Think of what you have done so far and how it makes you feel.

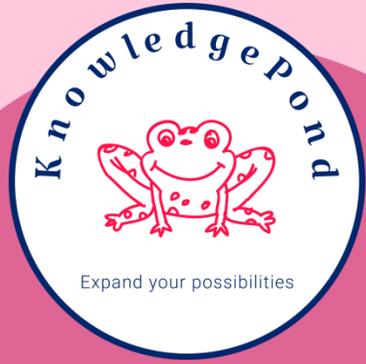




RACING AGAINST THE CLOCK

Time management is one of the main challenges that learners have to face.





WHAT HAPPENS IF YOU HAVE POOR TIME MANAGEMENT?

You devote less time to understanding your lesson materials. You might have difficulty doing the assessments later on.

You might sacrifice sleep to finish class assignments. As a result, you'll feel tired or get sick.



BENEFITS OF SETTING A ROUTINE

It brings a sense of calm

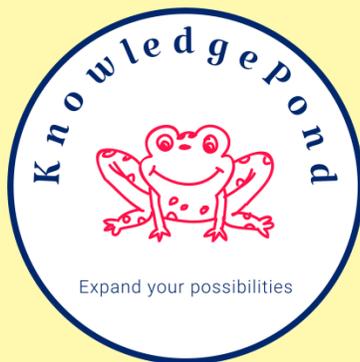
Avoid the frenzy and anxiety of last-minute activities.

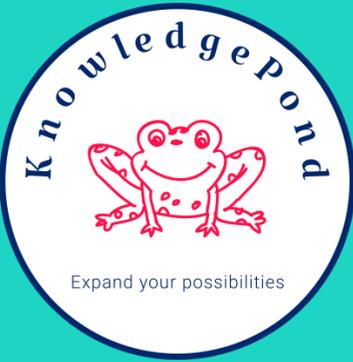
It creates structure

You can better organize your day when you have a plan.

It keeps your body healthy

Routines help you sleep better and manage stress.

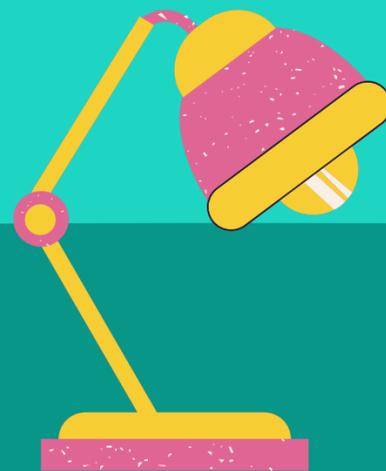


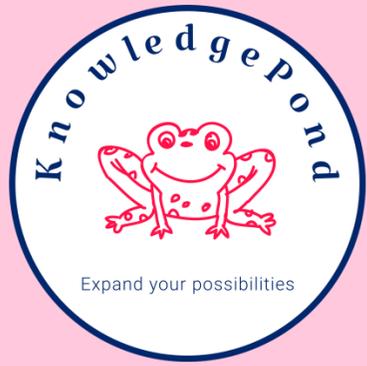


CREATING A ROUTINE

What to do to get started

Figure out when you are most productive. What part of the day are you most energized? Schedule activities based on your energy flow.

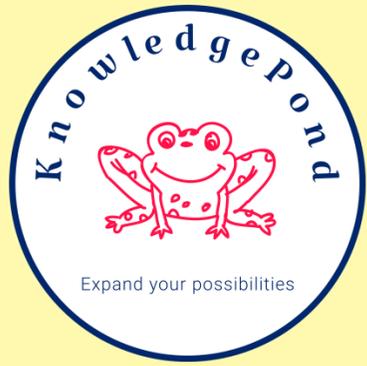




Student Routine Snapshot

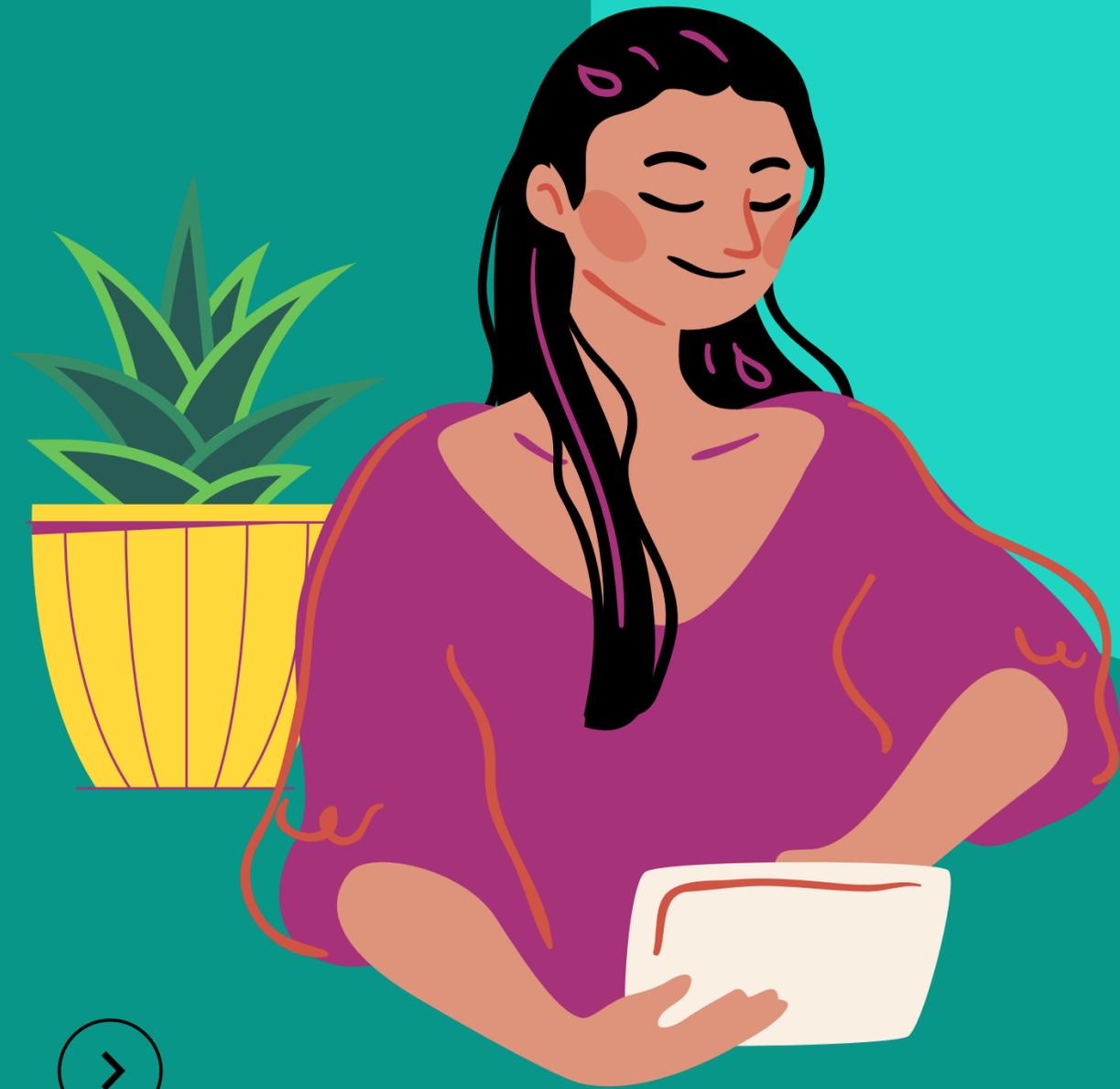
Common student activities for online learning





TIPS FOR SETTING A LEARNING ROUTINE

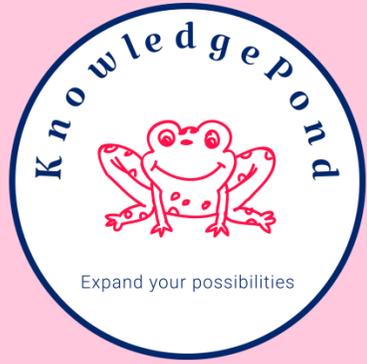




MAKE REGULAR TO-DO LISTS.

Keep track of all lesson assignments on a monthly, weekly, or daily basis. Update frequently so to-do's don't pile up.



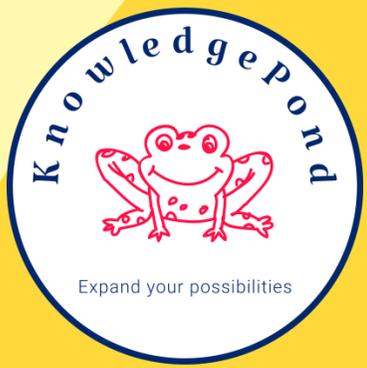


YOU DESERVE TO TAKE BREAKS.

Allot enough time for meal and snacks.
This will keep you energized for lessons.

Step away from the screen from time to time. Take a nap or walk outside to refresh your brain.





ACTIVITIES YOU CAN ADD TO YOUR ROUTINE

Journaling

Jot down what you're grateful for and what you look forward to doing for the day.

Meditation

Take a few minutes to do exercises that help with mindfulness.

Exercise

Strive to get at least 30 minutes of physical exercise.



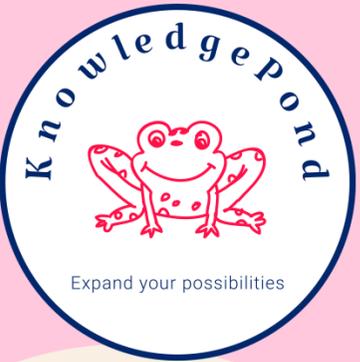


MAKE ROOM FOR FLEXIBILITY.

Routine doesn't mean rigid.

Don't be too hard on yourself if you miss doing your routine. Adjust as needed and try again.





Sample student routine in action



A day in the life of a student

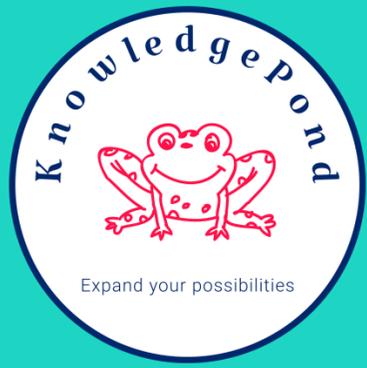




BE INSPIRED TO LEARN EVERY DAY.

Together, we can help each other
thrive in the classroom.





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