



Holderness Academy  
& Sixth Form College

# Your Working Environment



Get up and ready for the school day; join your tutor time.



Follow the structure of your timetable.



Choose a space that is comfortable and quiet to work.



Limit your time on Social Media.



Take regular breaks.



Aim to sit at a table on a comfortable chair.



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# Using Your Time Wisely!

## Plan Your Time

Reflect on your use of time each day - are you giving yourself too much or too little time for certain activities?





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# Be Realistic!

Managing and minimising distractions should be part of your daily planning. Studying on your own, for long periods of time, can become difficult and lonely, make sure you talk to others throughout the day.



Learning at home is very different to being in school, accepting this and realising you need to adapt is important.



Learning at home for long periods of time is not what we're used to, so be kind to yourself and recognise your achievements.





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# Maintain Motivation



Set targets, make goals.



Create a task list and tick completed jobs.



Ask friends and family in your house or online to get involved in your learning.



Communicate regularly with your friends who are also learning remotely.



Get some exercise, preferable outside. Even 20 minutes is shown to increase positive mental health!



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# Keeping Your Focus!



Take regular short breaks during your learning.



Take a break to grab a healthy snack to maintain your energy, take a short walk to get active or listen to music to help you relax.



Identify what time of the day you work best and set your biggest goals for then.



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# Reward Yourself!



Eat your favourite  
healthy snack.



Make yourself a drink.



Have a chat with friends  
and family.



Read something  
you enjoy.



Do your favourite form  
of exercise



Use a focus tracker to see  
how well you are doing and  
sense the achievement.





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# Mental Health & Wellbeing



Form a routine and structure your day and your week.



Continue to exercise and keep active - this helps lower anxiety, helps you concentrate and sleep better.



We're all still here! Friends, family and your teachers are not in the same room, but we're all here to support each other.



Ask for help! Remember there are times when we need support.



Eat well - Your brain requires a full range of vitamins and minerals to function well and stay healthy.



We are all in this together - talk about your feelings - it's a sign of strength and part of being healthy!