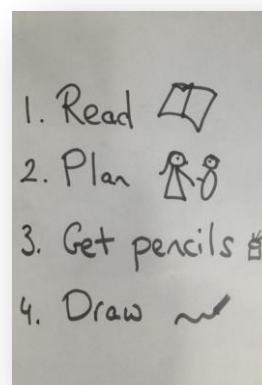
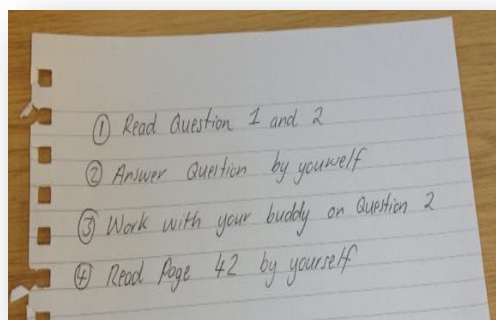


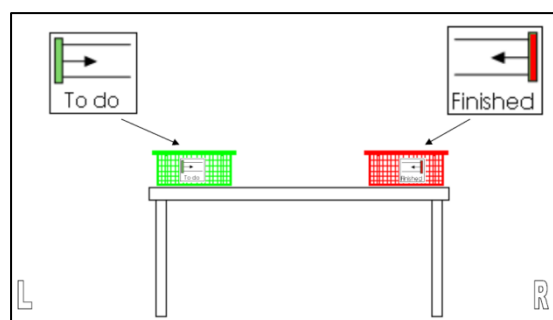
Some tips to help you with home learning

Some students can find organising themselves to complete a task really difficult. Sometimes students can get confused about how long they should do work for, or how much effort they should put in. Below are some ideas you may find helpful during this time at home.

- **Break down work in to manageable chunks.** You could try cutting up worksheets into smaller, more manageable tasks so that they are easier to complete.
- **Try using a task planner** (attached to this handout) to help you to think about what you will need to complete the task and to think about what steps are needed in order to complete it.
- **Use visual schedules/timetables** make a list of what you need to do – you can use simple line drawings or written words. Include fun stuff in the list so it's not just work



- **Use start and finish baskets/bags.** Place the worksheets/tasks you have to complete in a *start* bag/basket. When you have completed the task, you can move it to the *finish* bag/basket. This will help you to know how much you have done and how much you still have to do.





- **Timers** If you have one of these they are good for showing you how long you have got left in an activity. This can help you to stay focused on a task. You can find timer apps on you appstore (if you have a smart phone).

- **Take regular learning breaks** and try not to sit still for too long. Help with chores or do some exercise - you can do some exercise using YouTube, or try the exercises attached to this handout.

- **Use post it notes or bits of paper.** Write each task you have to do on a separate post-it or piece of paper. Decide when to do each task by putting the pieces of paper in order (e.g. first: *get ready for 20 minutes*, then: *do a worksheet*).



- **Use a highlighting code** to help you to work out what the most important things are to complete (such as underlining the first 2 questions). This might help with a worksheet that looks a bit overwhelming when you first look at it.
- **Ask someone if I don't understand the work** last but not least if you don't understand the work it is ok. The important thing is to ask for help so that your teacher or learning support assistant can explain what it means and help you to complete the work

Task Planner

Task Name: _____

I need:

Pen <input type="checkbox"/>	Paper <input type="checkbox"/>	Pencils <input type="checkbox"/>	Glue <input type="checkbox"/>
Felt Tips <input type="checkbox"/>	Scissors <input type="checkbox"/>	Work Book <input type="checkbox"/>	Ruler <input type="checkbox"/>
Crayons <input type="checkbox"/>	Coloured Pencils <input type="checkbox"/>	Coloured Paper <input type="checkbox"/>	Computer <input type="checkbox"/>
Books <input type="checkbox"/>	Rubber <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



I need to:







1	First <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
2	Next <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/>	
3	And then <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
4	Finally <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/>	



7 minute animal exercises



Do each animal movement for 45 seconds, with 15 seconds of rest in between.





 - Crouch on the floor and jump up like a frog!





 - Hands and feet on the floor, hips high and walk left and right





 - In a low sumo squat, put your hands on the floor and shuffle!



 - In a low sumo squat, put your hands on the floor and shuffle!



 - Jumping jacks with arms and legs spread wide



 - Run in the same place as FAST as you can!



 - Sit with your hands on the floor behind you. Lift off the floor and crawl



 - March in place with knees high and stomping the floor