

How to be happy, healthy home learners

What does your Home Learning day look like?

- ✓ A balance of online and hands on learning
- ✓ Morning check-ins via Teams
- ✓ Home Learning Pack tasks
- ✓ Targeted Teaching Groups via Teams
- ✓ Optional afternoon check-in via Teams



Every day, make sure you have...



A nice, quiet space to work in that's filled with natural light



All home learning resources organised and in one place



A drink bottle filled with water on your desk



A routine with regular breaks scheduled

Just do your best

It is okay if you cannot complete all of the daily tasks

Zones of Regulation check-in

Which zone are you in? What strategies can you use to move to the green zone?



Blue Zone

- Sad
- Sick
- Tired
- Bored
- Moving slowly



Green Zone

- Happy
- Calm
- Feeling okay
- Focused
- Ready to learn



Yellow Zone

- Frustrated
- Worried
- Silly/Wiggly
- Excited
- Loss of some control



Red Zone

- Mad/Angry
- Terrified
- Yelling/Hitting
- Elated
- Out of control

Wellbeing

Some ideas to make sure you're feeling happy, calm and ready to learn!

- Complete the Triple R activities
- Go outside and get moving
- Do some yoga
- Complete a mindfulness activity
- Organise a virtual catch up with a friend
- Ensure there is plenty of time for play and physical activity