Top Tips
for remote education

We have put together the following tips to help you make the most of your remote education.

Set a Routine

Find a routine that fits with you and your family and try to stick to it. Consistent routines are important in helping us feel more in control and can help us cope with change, reducing our stress levels.

Take Regular Breaks

Short focused sessions with short regular breaks help us to stay focused for longer and improve overall performance. 5 to 10 minutes after every activity should do it!

Get Moving

Get up and move around regularly. It helps energize the body, clears the mind and reduces stress. If you can go outside, that's even better.

Eat healthily

We need to look after our bodies! What we eat can affect our mood, behaviour and learning. Try to have a regular eating pattern and eat a variety of food, including lots of fruit and veg!

Create a workspace

Find a comfy, quite space that you enjoy sitting in. It needs to be distraction free so put away those favourite toys and turn off the TV.

Support each other

Provide encouragement and support to everyone in your family. There are so many activities to enjoy together: read with you mum or dad, practice counting or times tables with your brother or sister. You could even become the teacher!

Keep in touch

Join your Google Meets to see your friends and talk to your teacher - let them know how you are feeling. Send your teacher a message so they know how you are getting on and reach out to them if you need help.

Keep yourself safe

If you need support or need to talk to someone, there are people who can help.

Telephone

ChildLine 0800 1111

Websites

www.nspcc.org.uk
www.childline.org.uk
www.childnet.com
www.dotcomcf.org

Bromley Y
School Wellbeing Service

Are you experiencing difficulties with emotional wellbeing? Are you feeling anxious or low?
Up until Easter, Bromley Y are offering consultations via phone/video. They aim to provide advice, guidance & support. Contact:

swswellbeingsupport@bromleyy.org

www.bromley-y.org

THE Spring PARTNERSHIP