
PREPARATION FOR HOME LEARNING

HOW TO PREPARE FOR HOME LEARNING

Create a schedule Keeping consistent wake times and bedtimes, and meal times as well as getting washed and dressed each day helps you to maintain your normal daily rhythm and can be comforting.

Get moving counter inactivity by incorporating movement into your day

Get outside If you have a garden this is the perfect space. You are also able to go for walks providing you maintain social distance to anyone you encounter

Eat well Pay attention to what you are eating, keep it as healthily as possible. Mealtime can be a fun part of the day – you could cook together with others in your home or take it in turns to prepare your favourite meals for each other.

Prioritise learning Continuing your learning! We will be providing guidance for how to do this with regards to your college studies but taking time to create or develop a hobby, such as, cooking, knitting, gardening, exercise, reading etc. is of equal importance.

Setting up a workspace Choose an area in your home to become your designated working area. If you have a desk – perfect! If not can you utilise an area in your bedroom? Is there some furniture that can be rearranged to create a new space for you? Having a set workspace will allow you to focus at the times needed when you are doing your home learning.

Access We are aware that you will not necessarily have access to the same materials and equipment that you do at college. Please contact your subject teachers if you have any specific concerns regarding this.

LEARNING AT HOME

Your subject teachers will communicate with you via email and Moodle with work that you can be doing to continue your studies at home. We are waiting upon clarification from the government about how closures will effect your qualification and once it is received we will share information.

To support you with your transition to learning at home we have put together a list of activities that you may wish to do to engage with learning outside of your subject specific work. We have included a broad range of activities so that you have options to work with what you have access too, get other family members/guardians involved and above all else utilise learning as a way to

Read a book*

Stream audio books for free <https://stories.audible.com/>

Try Origami

Learn to knit, sew or crochet – maybe someone in your household can show you how.

Learn a language, you could start by trying to learn 5 new words each day

Teach yourself to cook something following an online recipe or cookbook (BBCGoodFood, BoshTV)

Follow an online tutorial to learn something new then pass it on to someone in your household or pay it forward create your own tutorials to show others how to do something

Do something creative – you could try life drawing live. All you need is a pen/pencil and some paper

<https://www.royalacademy.org.uk/article/online-life-drawing-class-lifedrawinglive>

Watch a documentary*

Listen to a podcast*

Visit a museum or gallery – through an online virtual tour

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Listen to music*

Do you have a musical instrument at home? Can you teach yourself via YouTube? Can someone at home show you how to use it?

Get active – you could join 'P.E with Joe' at <https://www.youtube.com/thebodycoachtv>

Do a DIY home science experiment <https://www.britishtscienceweek.org/plan-your-activities/activity-packs/>

**you could email and ask your teacher or peers to recommend a favourite!*

CREATING A TIMETABLE

You are in control of your timetable whilst at home so you can plan your day and learning around what best suits you and your household. Above is an example timetable and if you would like to create your own timetable in this format you can download an editable copy, here:

<https://www.teacherspayteachers.com/Product/Homeschool-Daily-RoutineSchedule-Free-Download-Distance-Learning-Schedule-5333419>

If you work well creating to do lists you may want to create separate 'to do' lists relating to learning // household chores // me time. This can be paper based OR you could use apps such as: Wunderlist, Todoist

7.30	BREAKFAST
8.00	MORNING WALK
9.00	GET READY & CHORES
10.00	COLLEGE WORK
11.30	EXERCISE OR FREE TIME
12.30	LUNCH
1.30	COLLEGE WORK
3.00	TV OR TECH TIME
4.00	SPEND TIME OUTDOORS
5.00	FREE TIME
6.00	DINNER

PRACTISING MINDFULNESS TO ENHANCE YOUR MENTAL HEALTH AND WELLBEING

Take time each day to take a step back from what you need to do – make time for you to do something that brings you joy

Practice mindfulness and mediation. There are some great apps to aid you with this, such as 'Headspace' and 'Calm'

Give yourself regular breaks and keep refreshed – have a snack and/or water!

Keep in touch with your fellow students and teachers. Discuss what you are doing, validate each other's work – stay positive

Take up Yoga – you could follow '30 day's of Yoga' with Adriene on YouTube
<https://www.youtube.com/user/yogawithadriene/>

Start journaling – reflect on yourself, get to know yourself better during this delicate time. You will realise how resilient you are!

Practise breathing techniques – breathe in for the count of 4 (hold for 2) breath out for the count of 4. You could breath in 'calm' and breath out 'stress'

Sleep is vital for energy, vitality and keeping your immune system strong so try to maintain regular sleeping patterns by having a reasonable bedtime and wake up time!

Practise gratitude. Each day when you wake up think of/write down 3 things you are grateful for

TIPS FOR MAINTAIN SOCIAL CONTACT WHILST IN SELF-ISOLATION

Set up group chats with your class to share work, positive tips, encourage and support– there are a range of platforms you could use to do this! Facetime, Facebook, WhatsApp, go live on Instagram, zoom – etc.

Speak on the phone with friends and family

If you're gaming – connect online so you can play with others!

Schedule a dinnertime hang out with friends and family via Google hang outs

Join local facebook community groups to find out what's happening on a local level and what you can do to support it

If you're both well speak to your neighbours from across the fence or balcony – remember to maintain recommended social distance.

Call a friend or family member to chat whilst you do the same activity – watch a film together, do the washing up, watch footage of old music festivals on YouTube

& remember your teachers will be contactable via email and Moodle during this time.

SUPPORT AND INFORMATION

Keep in touch with us! You can contact your subject teachers and Tutors we are here to support you during this time. Stay safe and please feedback any pressures you have at home that are making learning difficult for you, if you have a change in circumstance that might effect your learning please communicate this with your teachers – we may be able to come up with alternatives for you and offer further support.