

Getting Started at home

If you are unable to attend school at present, but are well, you will be able to work from home.

In order to get yourself started and ensure that you are giving time to each subject, you need to create yourself a home timetable. You need to be mindful that this may also have to include household tasks or helping with siblings as well.

This could mirror the school day and your school timetable. Or it could be slightly amended. You will find a blank timetable and also an example of a pre-populated one that you can use to help you and parents/carers create your own home timetable.

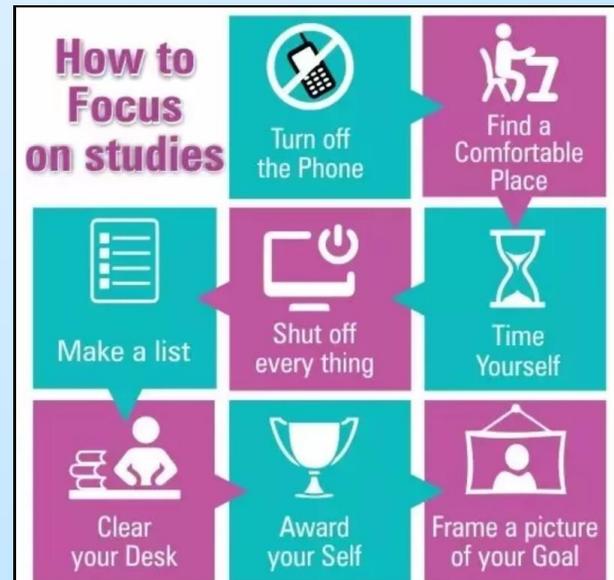
During PSHE time, you could take some time out and reward yourself for the work you have completed.



The school bell will (hopefully) not go off when you are in your house. However, you can use an online timer or indeed your phone to set a timer and alarm. This will ensure that you spend an appropriate amount of time on each task. A good online timer can be accessed [here](#).

You need to ensure that you are making time for rest and where possible social interactions.

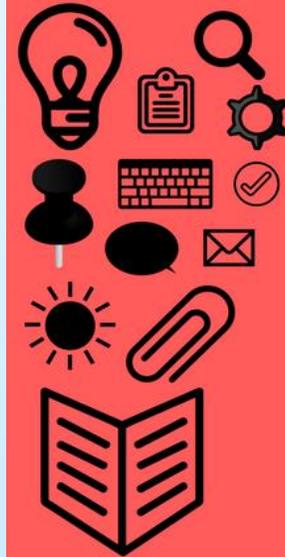
It may be difficult to stay focused and on task at home with distractions such as other siblings, TVs, I-pads, phones etc, and you will have to work hard to limit your use of these distractions. Make sure that when you are completing tasks at home, that you come off social media, and where possible put mobile phones away.



Another way to ensure that you stay as productive as possible, is to chart your success. There are several different ways this can be done, and perhaps if you have siblings at home you could challenge one another. A technique which we suggest and use in the school is the Pomodoro Technique. Watch a video on the Pomodoro Technique [here](#).

As well as following this technique, it is good to visually see how much work you are completing – in order to do this, you could draw yourself a bowl each day and add Pomodoro tomatoes to it. If you are working hard, you will eventually see your bowl fill up!

Or, if drawing tomatoes is too much, simply make a list of every task you have completed and check it off!



Get started with **THE POMODORO TECHNIQUE**

- 1** Identify your tasks for the day
 - 2** Set a timer for 25 minutes
 - 3** Work for the duration of the timer
 - 4** Take a five minute break
- ★ After every fourth break, take a longer break of 15-30 minutes

Make sure you share the work you have completed with parents/carers at home and with your teachers through your Google Classrooms or Microsoft teams.

