

# Are you feeling 'overwhelmed' with remote learning?

## **Option 1:**

Take a break, go for walk, get outside or ring a friend

## **Option 2:**

Do something that you enjoy- yoga, reading, sewing, board games, shooting hoops, kick a soccer ball, skipping, baking, bike riding, meditation, drawing, mindful colouring ...

## **Option 3:**

Check out Headspace, Smiling Minds, Reachout.com, SANE, Lifeline, Kids Helpline...

## **Option 4:**

Make sure you are looking after yourself. You can do this by eating well, getting enough sleep (8- 10 Hours), exercise regularly or learn some relaxation techniques.

*"Feeling overwhelmed can create a cycle of negativity: You get overwhelmed when you are not managing your state. You feel stressed and anxious, which makes small things feel bigger than they are"*

# Are you 'struggling' with remote learning?

## Option 1:

Seek help from someone at home (mum, dad, sister, brother) or phone a family member or friend

## Option 2:

Ask your teacher or Year Advisor for help through email or google classroom.

## Option 3:

Set yourself a goal for each subject. Follow the your normal school timetable, give yourself breaks and finish up at 3pm. Don't give yourself to much work.

*"If there is no struggle, there is no progress."*

*-Frederick Douglass*



# Are you wanting to 'challenge' yourself or 'feel bored'?

## Option 1:

Ask your teacher/s for some extension work through GC?

## Option 2:

Do something creative you enjoy?

This could be following a recipe, but adding an additional ingredient?

Write a creative story?

Design your own workout at home? Write it down and then try to complete it each day?

## Option 3:

Look online for past exam papers or challenging activities to complete at home?



*“Challenge yourself, challenge the world”*

