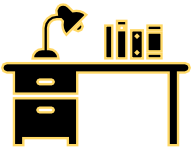




# Remote Learning Pupil Wellbeing Guide Top Tips



## 1. Create a defined work area

Set up a space you can work comfortably and where you will not get distracted. Ideally this should be in a separate room, space, or at a desk that you only use during your school time. This will help your brain separate school time from free time and break up your day.



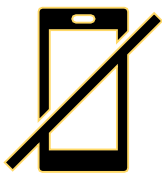
## 2. Ensure you have a comfortable posture

Adjust your chair or laptop so that your screen is at eye level and your arms make a comfortable L shape resting on the desk. Your feet should touch the floor. You can use boxes or books to help prop up your device and to rest your feet on, or cushions to change the height of your chair.



## 3. Stick to a routine and take your breaks

Try to keep the structure of your school day. Shower, have breakfast, and most importantly get dressed. Make sure you take your break times help maintain your concentration and mood throughout the day.



## 4. Avoid distractions

During lessons, please ensure you only have what you need for the lesson in front of you. This includes making sure that you close any unnecessary tabs and apps on your device, as well as putting your phone away and muting any social media notifications.



## 5. Limit your time sat down at a screen

Your body is used to spending the day moving around school and not spending all day sat down looking at a screen. Regularly take a break away from looking at any screens and making sure you are being active and getting fresh air every day.



## 6. Ask for help

As you are no longer in the classroom you can't just quickly lean over and ask a friend for help. If you are ever struggling don't forget you can always ask your teachers or tutor for help. You can do this using their email or over TEAMS.