

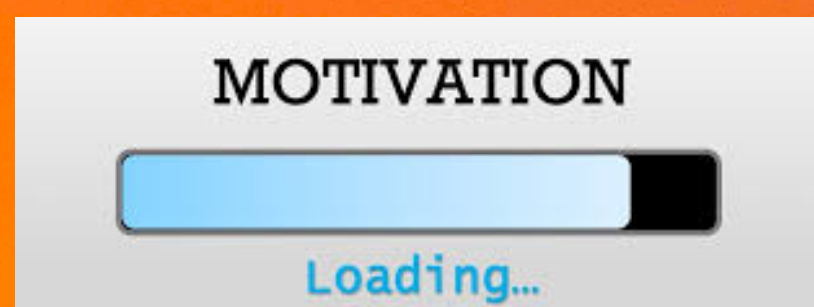
At Wootton Park we believe...

*“Wellbeing...  
is a powerful tool to **grow** our own capabilities, independence, resilience and  
realise our own richest potential.”  
“We strive to ... **solve** our own problems, generate our own opportunities and  
equip ourselves to **thrive** in our future.”*



# KEEPING MOTIVATED

THE FEAR AND UNCERTAINTY SURROUNDING THIS BACK-TO-SCHOOL SEASON ISN'T THE WAY ANY FAMILY WANTS TO START THE YEAR. BUT OUR LEARNERS ARE AMAZINGLY RESILIENT AND THEY LIKE LEARNING NEW THINGS. WHEN YOU CAN TAP INTO WHAT MOTIVATES YOURSELF, ALL YOU NEED TO DO IS WATCH YOURSELF FLOURISH.



Here are a few ideas to help keep you motivated:

- Do not make assumptions, what works for your friend may not work for you.
- Keep your attitude positive, if you are struggling to keep focus go for a walk, do some drawing or watch a funny YouTube video.
- Keep to a routine, wake up at the same time every day, have breakfast then start school work. Stick to a school day timetable.
- Talk to friends if you are feeling isolated
- Talk to teachers/wellbeing if you are struggling
- Try not to complete school work in your bedroom, the kitchen or lounge is a better space to be.
- Keep communicating with your parents and other family members.
- Eat 'happy' foods such as honey, blueberries, dark chocolate, mango and yoghurt.
- Praise yourself once a piece of work has been completed.
- Do not have late nights.
- Be flexible with yourself, if you need longer to do a piece of work complete two smaller ones then move the bigger piece to the next day.

For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to  
[www.schoolinterviews.co.uk](http://www.schoolinterviews.co.uk) and enter code bky83 to book a call.