



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 it watch yourself flourish.

TIPS TO KEEP 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 focused, go for a walk, do some drawing or watch a funny youtube video.
- Talk to friends if you are feeling isolated.

TIPS TO KEEP MOTIVATED

- Talk to teachers/wellbeing if you are struggling.
- Keep to a routine, wake up at the same time every day, have breakfast then start school work. Stick to a school day timetable.
- 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.

TIPS TO KEEP MOTIVATED

- 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.

