

# Are your children feeling tired and sluggish?

Are they finding it difficult to balance the expectations of in-person learning days and at-home learning days?

Try these **TIME MANAGEMENT** tips and tricks

<p>Set a <b>SCHEDULE</b> for at-home learning days.</p>	<p>Get out of <b>BED</b> and ready for school at a time similar to your in-person school day.</p>	<p>Have a <b>SPECIFIC</b> time period when school work will be done.</p>	<p><b>WRITE DOWN</b> your schedule on a white board or large piece of paper and post it somewhere visible in your home.</p>
<p>Have a <b>SET PLACE</b> at home where you can work without distractions and use your <b>AGENDA</b> to keep track of your assignments.</p>	<p>Turn <b>OFF</b> cell phones, video games, etc. during your school hours at home.</p>	<p>Schedule <b>FUN</b> activities <u>AFTER</u> school work is complete. Most students do best getting work done early in the day and not putting work off until the evening.</p>	<p>Go to bed at the <b>SAME TIME</b> each night. Avoid staying up late on school nights and sleeping half the day on at-home learning days. Stick to your routine.</p>