



Your Working Environment:



Try to have a workspace that is as free from distractions as possible. Try to avoid using your mobile phone and gadgets whilst you are working.



Try to sit at a desk or table.



Make sure you take regular breaks, especially when using screens and electronic devices.



Take breaks away from your workspace.

Focus:



Move away from the computer screen whenever possible.



Do some form of physical activity or exercise after completing a lesson, even if it is just a quick stretch!



Make use of the breaks in-between lessons and social times as you would in a normal school day.



Be sociable. Use social media, video calling and/or the telephone to speak to your friends and family.

Mental Health:



Make sure you keep hydrated and drink enough water during the day. Fill your water bottle just as you would at school.



Just because you may be isolating doesn't mean you have to be isolated. There are lots of ways to stay in touch with your friends and family safely.



It is important to keep active and exercise regularly. You may not be able to do your usual favourite activity so have a look for new ones.



Eyes:



Finally, taking care of your eyes is key when learning from home as you will have an increase in screen time and keeping your eyes healthy is vitally important.

Have you heard of the 20-20-20 rule? Set a timer for 20 minutes and when the timer goes off look into the distance at least 20 feet away for at least 20 minutes. Keep this up to give your eyes a break through the day. Getting outside and not focusing on what is close to you is a great way to give your eyes a break.

Try to place your device in a place away from too much sunlight. This avoids glare on your screen. If you can, adjust the brightness - you don't want it too dark but at the same time you may not need it at full brightness.

Don't have the device too close. Your screen should be an arm's length away if possible and keep the top of the screen at around eye level. Tired eyes can cause headaches as well as all kinds of problems, so please look after your eyes.