

# HOME STUDY - QUICK WINS

- **Set up your study space** - find somewhere you can sit comfortably and focus without distractions
- **Stick to a timetable** - our brains love a routine to help us feel calm and in control
- **A tidy study space = a tidy mind!** Sorting out your space and adding some inspirational pictures can help get you in the right mindset - try it!
- **Write a list** - Try writing a list in order of importance and break down big tasks into smaller bite sizes, so your tasks feel less overwhelming. Tackle harder stuff when you've got most energy.
- **Reward yourself** - sometimes the hardest part is getting started but setting yourself a goal each day and giving yourself a reward can really help.
- **Give yourself regular 5 minute breaks, to re-energise and re-focus** - stretch, hug a pet, toss a ball in the air, step outside for some fresh air.

Still struggling to get into the zone? Reach out for help and ask your teacher, parents or class mates.