

Tips & Tricks

TO ESTABLISH ROUTINES

Tips:

- Keep bedtimes and wake up times consistent (still use an alarm)
- Change clothes, brush teeth and hair when you would have previously (It doesn't matter what you wear, just try to put on a different outfit for the day)
- Do something different on the weekend to help distinguish weekend days:
 - Take more time making breakfast
 - Go on a hike
 - Start your day doing something relaxing or something you find enjoyable
 - Sleep in
- Set SMART goals (specific, measurable, achievable, realistic, timely).
 - For example: This morning before lunch, I will complete 10 math problems on my math homework and write two paragraphs on my English essay.
- Remember... everyone in the household is not used to being together all day long. If possible, find ways to build time into your routine where members of the household/family can have alone time.

Tricks:

- App: Cozi Family Organizer (<https://www.cozi.com/>)
- Khan Academy is offering FREE daily schedule for students 4-18 years of age!
(<https://www.khanacademy.org/about/blog/post/611770255064350720/remote-learning-with-khan-academy-during-school>)
- Need to keep one student busy while trying to help another? Check this website out!
(<https://www.goodhousekeeping.com/life/parenting/g31677468/education-companies-offering-subscriptions/>)

**If you have any questions please call the Wellness Center at (530) 280-2009.

