Going Back to School

Remotely

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It’s time to start school again! Last year, schools closed to help slow the spread of COVID-19 (the Coronavirus).

To make sure everyone stays safe, I will be starting school learning from home this year too!
It may take some time to get back into a good school routine after the summer.

I can start working on my routine now! I will go to bed a little earlier and wake up closer to school time.
On school days, I will wake up and get ready for my school day.

Even if I am doing my school work at home, it is important to get dressed and have a good breakfast before I start my work.
My school work at home may be meeting with my class and my teacher on video or doing work my teacher sends me.

I will set times that are just for school work and go to a place that is quiet so I can focus.
Just like in school, I can ask for help if I need it.

I can also take quick breaks to move around or give my brain a rest. During my breaks, I can stretch or do deep breathing.
Just like school, I will keep my breaks short and then go back to work.

I can make a schedule for doing my schoolwork so I will know when to take a break!
I am excited to start school and will work hard to learn at home!

Great Job!