

Going Back to School



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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).



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To make sure everyone stays safe, I will be starting school learning from home this year too!



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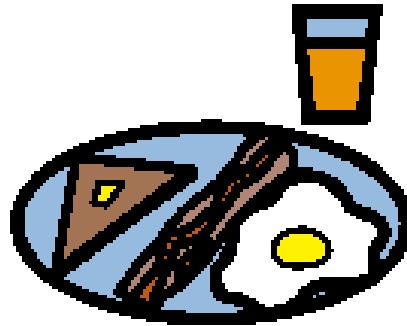
It may take some time to get back into a good school routine after the summer.



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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.**



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**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.



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I will set times that are just for school work and go to a place that is quiet so I can focus.



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Just like in school, I can ask for help if I need it.

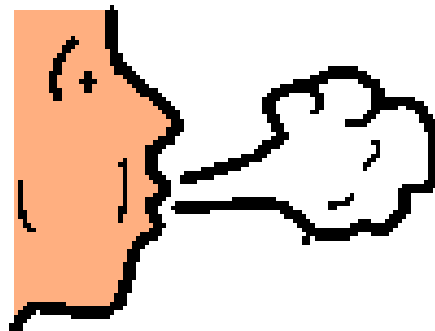


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I can also take quick breaks to move around or give my brain a rest. During my breaks, I can stretch or do deep breathing.

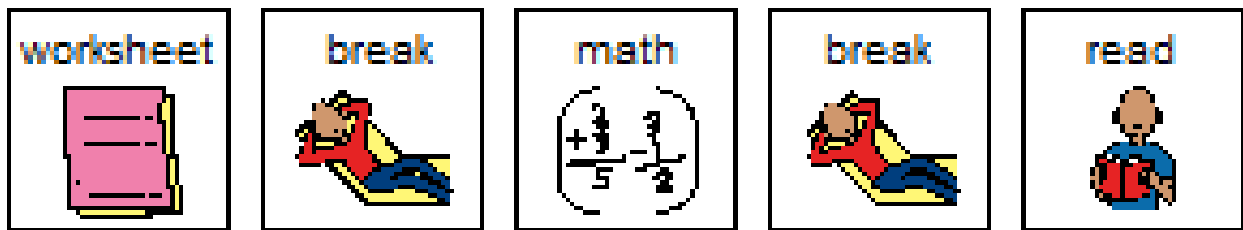


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**Just like school, I will keep my breaks short
and then go back to work.**



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**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!



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