

END OF THE DAY CHECKLIST FOR ONLINE LEARNING

Make your wellbeing a priority

1 REFLECTION TIME

Take a moment to think about your day.
Focus on the things you have started, things you
have completed and what went well.

2 LET IT GO



Acknowledge one thing that was difficult today
and take a deep breath, hold the breath and
then breathe out slowly. As you breathe out - let
go of the thought that the task was difficult and
have pride you attempted it. Think about what
you have learnt from this experience.

3 THINK OF THE GOOD

What are three things that went well? Say them
to yourself. They may not be big things, they can
be simple everyday tasks. Be pleased with
yourself for what you have achieved.



4 RELATIONSHIPS

Check in with your friends - are they doing
okay? Are you doing okay? Do you need to
talk to your teacher, tutor, school counsellor.
Take the time to write an email if you need
to get support.
Asking is the first step to moving forward.

5 TIME

Are you staying focussed with your time
management. Lessons last for approximately an
hour. Stick to routine. Be careful you don't spend
too much time on tasks. Talk with Mum and Dad
about your work schedule for the following day.
Take advice. Get tips.

6 TURN OFF

Close the learning device and place it on
charge. Switch your attention to home.
REST, EAT and RECHARGE.

