



# Going back to school

Wellbeing Wednesday

# What's different now we're back at school?

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- Working independently, or with the person next to you, write down some of the differences between remote learning and being back in school.
- You have 2 minutes to come up with your ideas.
- Then consider about what impact this will

What's  
different?

classroom rather than on  
Teams

- Structured break and lunch times
- Able to spend time with friends
- Have to wear school uniform
- Your day will have a routine

impact  
will this  
have?

# Why are routines so important for wellbeing?

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**Hands up for any**

**suggestions!**

~~Stress.~~ No routine often means having the constant worry of “when will I get it all done.”

- **Poor physical condition.** Exercise usually requires forward planning!
- **Ineffective use of time.** With no routine how will you get all of your work done? Its important to plan time for revision and work which can then help reduce stress too!
- **Good sleep.** If you don't plan ahead and leave work till the day this can stop you sleeping! Tired and groggy doesn't sound

# Activity - finding a good morning routine

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## The night before school

- Check your timetable and complete **homework**.
- Pack your bag, make sure you have all your equipment. **Books and stationery**.
- Set your **alarm**.

## In the Morning

- Shower and **WAKE UP!**
- Eat a hearty **breakfast** (some argue that this is the most important meal of the day!)
- Don't forget to wear your **Uniform!**

**S/C Can you think of anything else that you need to do?**