



### Time

It is not realistic to expect the same amount of time at home for each class as is allocated at school.

Currently, students spend up to 180 minutes in each class per day. This is not recommended for at home learning.



### Routine

Setting up a consistent routine is key. This will look different for each family and should be flexible. When teens know what to expect, it helps reduce anxiety. Some teens like and need routine more than others. Having an organised and predictable routine has benefits for everyone.

Let them help make a plan and a schedule with you.



### Why routines are good for Teens



Helps teens to feel safe and secure during a time of change

- Including time for fun together can strengthen the connection with your teen.
- Having an important job to do in their daily routine (such as feeding and walking the dog, chores, cooking) can help teenagers to become responsible.
- Helps teens develop basic work and time management skills.

### Some Tips



- Set a daily schedule with the same wake-up times and bedtimes for each day. Having a regular bedtime can help set your teenager's body clock.
- Make learning time part of your teenager's daily routine.
- If the day does not go to plan, just smile, stay positive and start again the next day.