How to manage self-isolation/Class@Home
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- **Use Lesson Time Well** – try to finish work during class time.
- **Phones** – some people give phones to parents, leave them in other rooms, or turn the off. Other people use the timers or alarms to remind them of the school bell schedule, or to track time spent on tasks. A couple of students use apps such as Bakery or Forest to encourage them to stay off their phone during work time.
- **Mini-reflection** – Use a short period of time to breathe deeply for reflection and relaxation. Try to reflect on whether you are procrastinating during the day and what you can do about it.
- **Work Space** – many students mentioned having a clean, uncluttered space. Designating particular parts of the house for different activities e.g. a work space and a fun space. Some suggest listening to music (recommended without lyrics), others recommend no music or TV.
- **Set Goals for Your Day or Shorter Periods** – make a To Do list, use Sticky Notes, use a cork board, make a list on paper, make a chart. Enjoy feeling empowered when you complete things and cross them off the list.
- **Schedule breaks** – for fresh air, playing with pets, drinking water or exercise. All will help you recharge.
- **Adopt a School Mindset** – avoid working in pj’s. Get dressed and try to follow a regular routine.