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# 6 TOP TIPS FOR ONLINE LEARNING

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## SLEEP

Although you get to wake up a bit later than normal, it is still just as crucial for you to get the right amount of sleep in order to stay focused and energised the whole day.



## STAY FOCUSED

Because there is no teacher in the room making sure you are focused, it is important that you don't procrastinate and do the work like you would in school.



## GO OUTSIDE

It is important that after all of the time spent inside to get some fresh air, even if it's just sitting in your garden or balcony.



## OFF-SCREEN TIME

Because you are spending so much time on your laptop, it is a good idea to spend some down time doing something productive like reading, baking or drawing.



## STAY HAPPY

The world is going through an extremely difficult time, so it is important to keep a positive attitude.



## EXERCISE

Most of your sports and activities will be cancelled, so you should be doing a lot of exercise to stay healthy. Whether it's going for a run, walk or a workout.