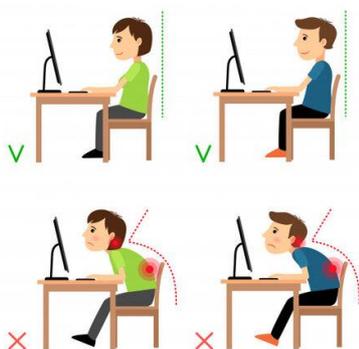


Taking care of yourself when learning at home

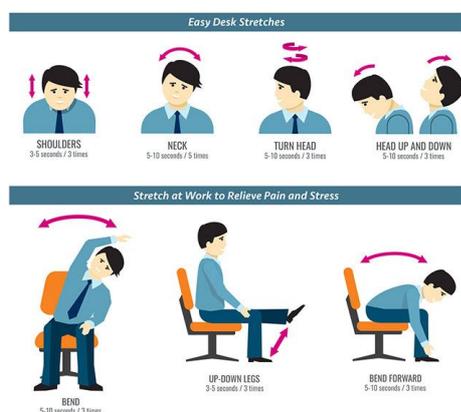
1. **Creating a space suitable for learning** - Try and avoid sitting on your bed with the laptop or slouched on the sofa with your phone. You ideally want to be sat upright with straight-backed chair or a stool with your laptop or device on a table / desk in front of you. Do not have the TV or radio on and turn any WhatsApp, Instagram, Facebook, snapchat etc notifications off during your lesson.



Screen Set up

- Position your computer screen so that it is between 40 and 76 centimetres (16 to 30 inches) from your eyes.
- The top is level with, or slightly below, your eyes
- It is tilted away from you at a 10- to 20-degree angle
- There are no distracting reflections, e.g. from a window.
- Apply the 20-20-20 rule – every 20 minutes look at something 20 feet away for 20 seconds. That will give your eye muscles a rest.

2. **Lighting and equipment** - Ensure the learning space has good lighting. This can include natural lighting from windows or light from lamps. Ensure you have the equipment needed for the lesson pencils, paper, and calculators, for example—easily accessible in your learning space.
3. **Stretching and moving** – It is so important to keep active throughout your day in between and at times during your lessons.
 - Alternate between sitting and standing during a lesson, perhaps stand when the teacher is talking or explaining a concept and sit when you have a task to do.
 - It is important for your posture that you regularly stretch. Below are some stretches you can easily do when sat at your desk space.



1. Shrug your shoulders up and down a few times to loosen the muscles in your shoulders and neck. Rotate your shoulders forward, then backward. Rotate them in unison or alternate shoulders in a bicycling motion.
2. Interlace your fingers behind your head and stretch your elbows backward. Lift your gaze slightly and reach your chest upward. Take deep breaths.
3. Reach your arm out in front of you and flex your hand at the wrist, as if you're gesturing "stop". Pull the fingers of that hand back toward your face and hold for a few seconds. Rotate your arm 180 degrees so your fingers are now facing down and your palm is still facing forward and again, pull your fingers back and hold. Repeat on the other arm.

- Make sure at the end of each lesson you get up and move around for a few minutes just like you would in school in between lessons. Go for a walk around the house, make yourself a drink, 10 star jumps in the garden, you must get moving and increase your heart rate in between lessons