






There are discussion boards, group chats, and videos.


Plus, teachers are emailing and checking in every day.
My teacher even set up a group project.



I like the breakfast part, but what's that got to do with learning from home?

A regular routine helps get your day started right and gets you ready to learn.


And healthy meals and snacks give you brainpower to do your best!

STEP 2: Make a daily plan to learn. Check each class to see your assignments and plan out your day!


That's ok! Then plan to do your longer assignments in the afternoon. You get to make your plan, as long as you stick to the plan!

STEP 3: $p_{\text {ick the place you like to learn best. }}^{\text {the }}$



## And my favorite...

## STEP 5: DON'T GIVE UP!

Even if you get behind and even if you feel alone,
you can always get started, and you can always get support.


