Teaching and Learning

PRUE SALTER’S STUDY SKILLS TIP FOR MARCH

STARTING THE DAY WELL

Do you find it hard to get out of bed some days and be positive about going to school and learning? It can be hard to turn the day around when you wake up like this and don’t take steps to start your day in a positive way. Your approach in the first hour of the day dictates the direction of your day of learning at school.

To ensure you start your mornings well you need to make sure you have a night-time and wake-up routine.

1. Set Your Intentions Before Bed: consciously decide every night to create a positive expectation for the next morning.
2. Move Your Alarm Clock Across The Room: so you have to get up to turn it off.
3. Brush Your Teeth: when you wake up and splash water on your face.
4. Drink a Full Glass of Water: to hydrate yourself after several hours without water.
5. Add some of the following ideas to your own routines:
   - Silence can be meditation, mindfulness, prayer etc.
   - Affirmation can be a word you use that reminds you of who you are and how to be.
   - Visualisation is an intention (directing your focus) on how you want your day to be.
   - Exercise can be a short walk or stretching or going for a run (exercise is a great thing to do in the morning).
   - Reading something that is positive and enjoyable. What you read “resonates” with you. It gets you thinking and expanding “beyond yourself”.
   - Scribe is about journaling. Writing in your journal about your day gives you insight and clarity about issues. It also helps you realise what’s working and how far you have come.

These tips are courtesy of www.humanconnections.com.au

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