

“HIGH FIVE”

- a helpful guide for Primary students
during distance learning”



1. **Tell your parents how you feel.** Let your mom and dad know how you feel. Tell them if you are sad, miss your friends and grandparents or if you feel alone. It is important that you share your thoughts and troubles, so they know how to help you.
2. **Talk about Covid-19** with your parents, teachers and friends. Share the positive things about the situation with Covid-19 and distance learning. Will there be things you learned better, work you had done quicker or did you experience new ways of working together with your friends. Talk about the rules and try to understand them and how can you be really good at sticking to the rules. Talk to an adult if you are scared, having anxiety or feel afraid of the situation with Covid-19, - they will listen and help you.
3. **Make a great day plan** – You need to build routines for your day with distance learning – make a plan for your day. Make a routine that helps you go from morning routines, such as eating breakfast and brushing your teeth, to the start of school day and again when the school day ends and it becomes your freetime. Make sure you have sufficient breaks, fresh air and movement. Go outside and play between classes, do some skipping or play some ball. Share the plan of the week or just the day with a parent and get an overlook at your workload, so you won't get overwhelmed.
4. **Get ready to learn** – with a good night's sleep, healthy breakfast, fresh air and a certain set area for schoolwork you can get a good start of the day. Make sure that you are ready to learn – what do you need? You need to know the plan of the day, get ready to be online, have your books and pencils etc. ready and get

breakfast to start the day and lunch during the day – like fuel for your body and brain. It is important to get away from the screen when you do not have to be in front of it. Get some fresh air and physical exercises! That will make you more ready to learn, and it will feel easier.

5. **Remember your friends.** When you are online, then remember to ask your friends, how they feel. Ask if they like to meet after school – in person or online (following the rules of restrictions). Make sure to participate in the online classes with interacting, asking questions and sharing your ideas. Make sure that you have a good tone in your classes. Things you write in the chat or on a text should be ok to say face to face to someone.