

# “HIGH FIVE”

- a helpful guide for Secondary 1-3 students  
during distance learning



- 1. Tell someone how you feel.** It is important that you tell someone how you feel during distance learning. It is a good thing to share and talk about the positive things you experience during distance learning as well as the things you find challenging. Are you frustrated with the workload? Do you feel alone? Do you have any great ideas on how to keep up the good mood in the class? Talk to a parent, a teacher or a friend. They will listen and maybe they can help or they know someone who can! Remember we are all new learners with distance learning – as school, teachers, parents and students.
- 2. Talk about Covid- 19.** It is very important that we make room to talk about Covid-19 in both ways about the positive and the less positive things. You could experience emotions such as sadness, fear, anxiety or sorrow for the situation where you feel loss of friendship, hard time finding yourself, academic issues etc. The positive things about Covid-19 could be no rush in the morning, more family time, get a snack during the day when you like it and so on. Talk to your parents, your teachers or others that you are close to! Share your thoughts about rules and restrictions, and how we all can contribute to following rules with masks, washing hands and keeping distance.
- 3. Plan your day** – 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 for a walk in the breaks between classes, do some skipping or some running. 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. Maybe you can share it with a classfriend, so you can help each other to stick to the plan.

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. That can take away some of your stress factors of the day. 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.