

“HIGH FIVE”

- a helpful guide for Secondary 4-7 students
during distance learning

Talk about
Covid-19

Planning is
everything

Learning readiness

Social life

Share your thoughts
and ideas



- 1. Share your thoughts** - 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 important that we make room to talk about Covid-19 - both 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. Talk to your parents, your teachers or others that you are close to! We need to contribute to getting the virus under control, so talk and share your thoughts about rules and restrictions, and how we all can contribute to follow the rules - wearing a mask, washing hands and keeping distance.
- 3. Planning is everything** – With distance learning and the rotations with in situ classes as well - everything is planning! Planning schoolwork, schooldays at school and schooldays at home, bringing right books, getting assignments done on time etc. Ask for help if you need it! Talk to your friends and ask them how they structure their work and get inspired. Help others by sharing your plans and structures.

4. **Learning readiness?** – Being ready to learn is more than just open a book or listen to the teacher. We know that body and brain both needs to be ready – and you can do it yourself by getting a good night’s sleep, healthy breakfast, fresh air to get a good start of the day. It is 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. **Social life** – Friends and classmates are everything. Be aware of your relations online and offline. Find great solutions to meet (following the rules and restrictions). When you are online, then remember to ask your friends, how they feel. 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.