

Learning

at Home





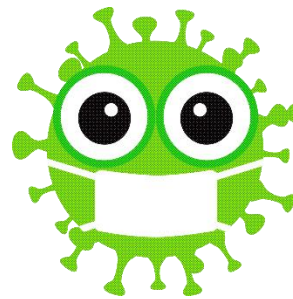
I like going to school. It is part of my routine.



When I go to school, I get to see my teachers and my friends.

School Closed

Sometimes I cannot go to school because it is temporarily closed. This could be because there is an emergency, like a bushfire, or it could be because there is a virus in the community that could make me or my family sick.



It is good to stay at home to keep us healthy and safe. I also get to spend more time with my family.

When school closes, it is to keep the students and teachers safe. When my school closes, I need to change my routine.



My teacher will send me school work to do at home. Someone at home will help me understand what I need to do. I need to listen to whoever is helping me and always try my best.

Most of my friends are learning at home too. We get to see each other when my teacher zooms us each week.

If I need more help to do my work, I can contact my teacher by email or check the home learning website HELP section...



I can try my best when I am doing my work.

I will remember that I am continually learning and may not get it right the first time.

I will just keep trying until I succeed.



I'm feeling anxious. Can you help me calm my feelings?



*Of course!
Let's do some of our breathing activities together.*

If I am feeling sad, scared or anxious, or if I have a question about what is happening, I can talk to an adult about my feelings. I can also use other strategies like yoga or choosing things to do that I enjoy.



I can't meet up with my friends right now, but I can ask my grown-ups to help me contact them by phone or to send them a message or letter.



When it is safe to go back to school, I will be able to see everyone again and continue learning with my teacher in our classroom. My teachers and friends are looking forward to seeing me again.