



## Mr Veal's Teaching Top Tips

In the current climate you have to balance teaching on top of everything else in your life. So here are some top tips to make learning from home that little bit better for you.

1. Create an environment and mind set for learning. This could include:
  - a. Wearing uniform
  - b. Sitting at a table
  - c. Reducing distractions (e.g. TV, toys, digital devices)
  - d. Having paper and pencils ready
2. Try to set time limits, don't sit and stress for hours over a piece of work. If it's not completed in an hour, then just submit what's been done.
3. Ask for help if needed. We're here to support you and your child.
4. Have plenty of breaks. Sitting at home doing work can be tough and mentally draining, if you find yourselves struggling then take a break.
5. Laugh, joke, have fun. Research suggests that dopamine can improve our learning abilities, so find time to have fun and create happiness.
6. Use the resources available on the class webpage:  
<https://www.brickhillprimary.co.uk/class-pages/year-3-canaries/>
7. Remember that nobody understands new things the first time around. Think about every time you've learned something new, that first time was a struggle but after a break and returning to it later it's been a bit easier.
8. Practise makes perfect. Mistakes happen, but only by admitting the mistake and fixing it can you move on and improve.
9. We're all in the same situation currently there is no shame in admitting that it's challenging (because it is harder this time).
10. Remain calm, take a deep breath, smile and remember you can do it.