

EDINBURGH LEARNS@Home

Being at Home During School Closures – A guide for young people (Learning)

Introduction

These are very unusual and uncertain times for everyone. Comprehensive guidance on [Being at Home During School Closures – a guide for young people](#) provides an overview of key messages and recommended resources which you may find useful. This document links those key messages to learning at home.

Talk to Someone You Trust



- Your teachers will tell you what to work on.
- You might want to tell your parent/carer what you have been learning, what you enjoyed and what you want to learn next.
- If you are anxious you can speak to friends and family, or you may want to speak to someone you don't know e.g. [Childline](#).

Create Routines



- Routine is important. This will help make your days more predictable.
- Set times for getting up and going to bed, particularly during the week.
- Try to limit time on technology.

Keep Learning



- Aim for three to four hours of learning each day.
- Make a plan so you know what you are doing each day (maybe make this the night before?).
- Find a space where you can work.
- Make sure you have everything you need before you start.

Keeping Active



- Be active. Make time for outdoors and exercise every day if possible.

Staying Connected and Emotionally Healthy



- Keep in touch with your friends from school via phone or social media.
- Your teachers may ask you to share your work and let them how you are getting on with it.
- Look after your mental wellbeing.

Looking After Yourself



- Is there anything you would like to learn while you are at home? You might like to learn to cook or help in the garden?