

# Home-school survival guide for teenagers.



T-RES

Autism Transition Resources

# Contents

General tips

Having a schedule

Looking after yourself

- Exercise

- Screen-time

- Sleep

- Worries of anxiety

# General tips

It can sometimes be difficult getting used to working from homes. We need to make sure that we have a **balance** between school work and other activities - too much of one thing isn't good for us.

Staying **motivated** can be difficult when you are working from home so it can be a good idea to organise to do something you like (e.g. listen to music or play video games) once you have finished some other work.

**Keeping in touch** with school is important. Make sure to let your teachers know how you are getting on. Your mum or dad can help you with this.

# General tips

**Keeping in touch** with your friends is important too. There are lots of different ways that you can do this

email

text

phone

It can be a nice idea to check in and see how your friends are doing while you can't meet up with them in person. These might be family members either like your grandparents or cousins.

# Having a schedule

When you are going to school, you have a **timetable** and set times at which you do things.

Having a schedule or timetable at home can be a good way of staying **organised**.

Some schools will have lots of online lessons so you can fill these in on your timetable on the next page.

If you don't have a lot of online lessons can you make up your own timetable. Make sure not to just focus on the things or subjects that you like doing!

# MY SCHEDULE

MY NAME IS

DATES

TIME	MON	TUES	WED	THURS	FRI



NOTES:

---

---

---

---

# Looking after yourself

## Exercise

Exercise is really important for our health. When we are working at home we are sometimes less active than we might be at school.

Maybe you used to walk or cycle to school. Or maybe you had PE classes.

What can you do now to make sure that you stay active?

Did you schedule any movement breaks when you made up your timetable?

Are there small ways that you can make sure that you stay active like walking the dog at lunchtime? Doing an exercise class online?

# Looking after yourself

## Screen time

A lot more of your school and learning activities are probably online now.

Maybe a lot of your leisure time is spent online too.

We need to be conscious of the time that we spend looking at devices and try to make sure that we are not spending too much time online each day.

See our tips on the next page.





# Screen Time Tips

TRES.IE

**1**

**Schedule screentime and breaks. Set aside specified times to unplug.**

**2**

**Remove screens from mealtimes.**

**3**

**Don't watch films or charge phone in bed.**

**4**

**Make a record of your screentime and stick to limits.**

**5**

**Exercise outside & with a member of your household or bubble if you can.**



# Looking after yourself

## Sleep

Did you know that 12-18 year olds need between 8 and 10 hours of sleep a night?

Very few teenagers actually get that much sleep though!

Sleep can affect our mood as well as our immune systems and our health in lots of ways.

We need to prioritise getting enough sleep and also making sure that this is good quality sleep.

# Looking after yourself

## Sleep

Some tips for a good night's sleep:

1. Set a **bedtime**! Make sure that this is early enough to give you at least 8 hours sleep before you have to be up in the morning.
2. Put away any school work and any screens (including tv!) **1 hour** before your bedtime.
3. If possible do not have screens in your bedroom.
4. Avoid tea or coffee after about 2pm. **Caffeine** keeps you awake. That includes chocolate.
5. Try to make sure that your bedroom is not too warm.
6. Try to get ready for the next day before you go to bed.  
Sometimes our thoughts and worries can keep us awake. Being prepared can help us avoid that.

You can find more information on our website

[autism-toolkit.com](http://autism-toolkit.com)

