

Dyspraxia Foundation

Study at Home Top Tips, Advice and Support



No doubt about it things are tough at the moment! For many home learning is proving difficult.

Everyone's circumstances are different but below are some tips and hints that may help you through until we can all get back in the classroom or lecture hall once again.

Before you start

- Try to stick to a morning routine: take a shower and get dressed for the day as you used to. For some you may find designated 'school' clothes help get 'in the zone' of home learning. Leave out any fiddly fastenings or uncomfortable restrictive clothing and ensure you feel relaxed in what you are wearing.
- For many starting the day with either exercise or some form of stretching is very beneficial, there are many free on-line options you can download or live PE lessons you can join, an example being Joe Wicks PE lessons [Joe Wicks' Daily PE Lesson - YouTube](#)

[Staying active at home | Mind, the mental health charity - help for mental health problems](#)

<https://www.nhs.uk/live-well/exercise/gym-free-exercises/>

- Set yourself boundaries, determine what's necessary for the day/week and prioritize accordingly.
- Try to stay focused so you can work more efficiently, it may help to structure your day to when you are having breaks and lunch and set a start and finish time.
- Design a timetable to help organise and plan your week-either digitally or put up on piece of paper and have it visible.
- Set alarms in advance to go off that will remind you to take a break from time to time. Get up and move around regularly, and if possible get lots of fresh air.
- Look to plan your meals in advance so you know exactly what you are going to eat, either make it before hand or have everything prepared to make on your lunch break. Try to insure you drink plenty of water too and have a bottle to hand throughout the day and try to avoid eating at your work station if possible.
- Decide where your work space will be. Ideally you want a quiet area with no distractions with lots of space, good lighting and near a good supply of sockets. Have you enough space to complete your work, somewhere you won't be constantly interrupted or distracted if possible? If possible to

separate a working area to a 'living area' so work doesn't feel like it is encroaching on leisure time

- Is all equipment ready before hand and easy to locate? If you require any adapted equipment tips and advice look here for more information

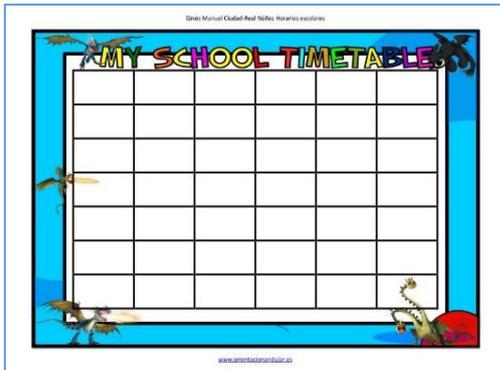
[Handwriting and Dyspraxia \(dyspraxiafoundation.org.uk\)](http://Handwriting and Dyspraxia (dyspraxiafoundation.org.uk))

Enabling Technology Ltd aims to supply the most appropriate and cost-effective assistive technology solutions for people of all ages with learning, physical or visual impairment.

<https://enablingtechnology.com/>

Quick Checklist before starting

- Gather together pens/pencils/rulers/rubbers/paper to have to hand if needed
- Transparent pencil cases let you see the contents easily.
- A visual timetable to organise your day/week or app that does the same.
- Everything is charged up and ready to go.



Think Posture!

If you have a good chair adjust according to advice in links below but if not try to think of your posture by sitting with hips and knees at 90° and feet flat on the floor or what works best for you, this may even be standing.



Posture links

<https://www.nhs.uk/live-well/healthy-body/how-to-sit-correctly/>

[\\Downloads\1.9 Sitting Position \(1\).pdf](#)

Reward yourself

This is a tough time so be kind to yourself and take it easy on yourself! Reward yourself –take regular short breaks, treat yourself to a nice chocolate bar or a cuppa.

The **Pomodoro Technique** is all about breaking down your study sessions into 25-min sessions of deep work: <https://blog.trello.com/how-to-pomodoro-your-way-to...> The 'Be Focused' timer app is a useful and makes it easy to track the tasks you've been doing throughout the day!

Useful Links

For students

- NHS [7 simple tips for tackling working from home | Every Mind Matters | One You \(www.nhs.uk\)](https://www.nhs.uk)
- Blog from young minds –looking after mental health whilst learning from home [Looking after your mental health while studying from home \(youngminds.org.uk\)](https://www.youngminds.org.uk)
- Info on returning to college/Uni [Returning to university or college after lockdown - The Mix](https://www.themix.co.uk)
- [study tips with dyspraxia - YouTube](https://www.youtube.com/watch?v=...) Various videos/vlogs on studying with Dyspraxia
- [Coronavirus - Student resources - Student Minds](https://www.studentminds.co.uk) student specific resources with information and guidance during this difficult time.

For parents

- For parents with SEN children [Parents' Toolkit: SEND - BBC Bitesize](https://www.bbc.com/health/children-16)
- Tips for parents, Mumsnet [Home Schooling Tips - Coronavirus | Mumsnet](https://www.mumsnet.com)
- Government advice [Supporting your children's remote education during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Dyspraxia Foundation information:

[Teenage-fact-sheet-October-2014.pdf \(dyspraxiafoundation.org.uk\)](https://www.dyspraxiafoundation.org.uk)

[Teenage Years | Dyspraxia Foundation](https://www.dyspraxiafoundation.org.uk)

The Dyspraxia Foundation has put together a resource with useful apps for people with dyspraxia https://dyspraxiafoundation.org.uk/wp-content/uploads/2019/10/DyspraxiaFoundation-UsefulAppsforAdults_V2.pdf

Many more useful resources can be found on our website or by contacting the Helpline. [Contact Our Helpline Service | Dyspraxia Foundation](https://www.dyspraxiafoundation.org.uk)

If you are 13-25 and have dyspraxia you may wish to consider joining the dedicated on-line Closed Youth Group on Facebook [Dyspraxia Foundation Youth | Facebook](#)

Useful Apps

A good way to access academic journals: <https://www.researcher-app.com>

The apps '**Forest**' <https://www.forestapp.cc/> and '**Hold**' <https://www.hold.app/student> are good for motivation and focus.

Using **Google Docs** is useful as it syncs across devices and saves automatically - it also has a built in speech-to-text feature called voice typing.

Tiimo is a great app for visual schedules and routines and was designed specifically with neuro-diverse people in mind too! Some features require a paid subscription to be accessed though.

Quizlet <https://quizlet.com/en-gb> is good for creating flashcards and quizzes.

Studybunny Helps to keep you focused on work

https://play.google.com/store/apps/details?id=com.superbyte.studybunny&hl=en_GB&gl=US

Mental Health and Well-being

- CALM <https://www.calm.com/>
- Free download guide for parents from 2simple

<https://2simple.com/free-stuff/mental-health-and-wellbeing-guide-for-parents/>

- NHS resources

[Every Mind Matters | One You \(www.nhs.uk\)](http://www.nhs.uk)

NHS 5 ways to wellbeing

The 5 ways to wellbeing is an approach endorsed by the NHS which aims to help people improve their wellbeing. Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment

Further information can be found at

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

There is also a free tool to assess your mood, which is available at

<https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>

- Mind: Coronavirus and your mental health

The coronavirus (Covid-19) pandemic is affecting all our lives. Many of us are struggling with how it's affecting ourselves and our loved ones. Those of us already living with mental health problems are facing extra challenges too.

Here you'll find reliable information and tips to help you cope during this time.

<https://www.mind.org.uk/information-support/coronavirus/>

- Parents' Toolkit - BBC Bitesize

BBC Bitesize, Parents' Toolkit Top tips, useful links and expert advice to support you and your child's wellbeing and learning in a changing world.

<https://www.bbc.co.uk/bitesize/articles/>

Fresh air and the benefits

[The benefits of Sunshine and Fresh Air | Early Years Management | Teach Early Years](#)

[How nature benefits mental health | Mind, the mental health charity - help for mental health problems](#)

With Special thanks to **Bright Heart Education** www.brighthouse.co.uk/ for supporting our LIVE event on Home Learning. Please find a list of resources from them below:

For parents

<https://brighthouse.co.uk/parenting-lessons-learned-during-lockdown/>

<https://brighthouse.co.uk/5-ways-to-ease-anxiety-in-your-child-in-2020/>

<https://brighthouse.co.uk/mental-health-of-your-child-in-times-of-stress/>

<https://brighthouse.co.uk/homeschooling-tips-for-parents-during-coronavirus-lockdown/>

<https://brighthouse.co.uk/online-tutoring-and-tips-for-parents-using-an-online-tutor/>

<https://brighthouse.co.uk/5-ways-to-support-the-mental-health-of-a-child-with-sen/>

<https://brighthouse.co.uk/16-ways-to-help-my-child-with-dyspraxia/>

Home schooling Q & A under Lockdown with John Salmon (A Facebook livestream video, key questions shown on blog page)

<https://brighthouse.co.uk/live-q-a-for-parents-about-homeschooling-under-lockdown/>

Importance of exercise and activities during lockdown (some apply to warmer weather from 2020 lockdown)

<https://brighthouse.co.uk/exercise-for-children-during-lockdown/>

<https://brighthouse.co.uk/9-nifty-activities-to-survive-lockdown-with-your-children/>

<https://brighthouse.co.uk/learning-through-sport/>

Practical tips for handling anxiety, from one of our tutors

<https://brighthouse.co.uk/practical-tips-for-anxiety-and-self-care/>

UK government recent compilation of mental health resources for children, parents, carers and teachers, from DfE blog:

<https://dfemedia.blog.gov.uk/2021/02/01/mental-health-resources-for-children-parents-carers-and-school-staff/>