

I can do homework

Most days I get work sent home from school. This is called my homework. It is work I do outside of school. There are a few reasons why doing homework is important.

- It can help me remember what I have learnt in school or learn brand new things
- Doing homework will make me smarter as I grow up



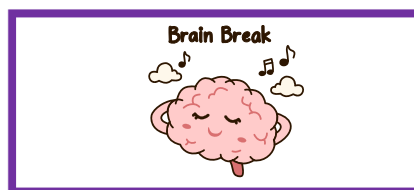
I might not like doing homework, I might find it tough having to do more work at home. Most kids don't like doing homework, but it is a rule some schools have to help encourage learning.



I might not do my homework as soon as I get in from school because I need a break first, that's ok! I can agree with _____ a good time to start my homework.

I will try and stay calm when I take out my homework, and when I finish my homework, I will have time to choose an activity I enjoy such as _____.

I can use my homework planner to figure out what order to do my homework in. This can be my choice, if I need a short break, I can use a brain break card. If I need help, I should ask my _____.

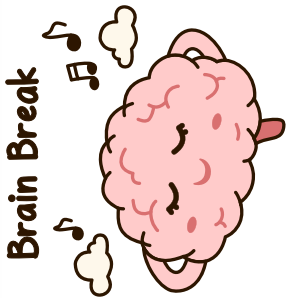
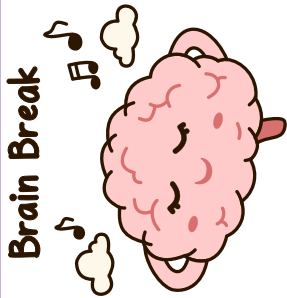


When I get my homework done, I will be proud of myself.



**Work
Timetable**

Tick



Things I can control about homework

The order I do homework in.

If I use a brain break card.



Choice of homework time, pick _____ or _____.

What I do when homework is over.

Things I can't control about homework

That it should be done when my teacher gives it

What type of homework it is.



Some homework's take longer than others.

I _____ agree to try and complete my homework according to the schools' rules. I will try and keep a calm attitude. When I am done with homework, then I will get to do things I like.

Date _____

Signature _____

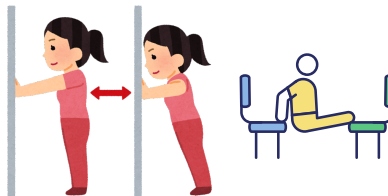
Brain Break ideas

Squeeze hands together



Clasp your hands together and squeeze them as tightly as you need to for 5 seconds, let go for 5 seconds and repeat.

10 Chair or wall Push ups



Push up against and away from a wall or lift your body up and down on a chair using your arms for a short time

Stretch and get a cold drink



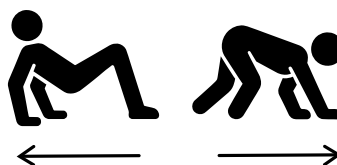
Stand up and stretching your arms and legs and getting a cold drink can be a good break

Deep breathing



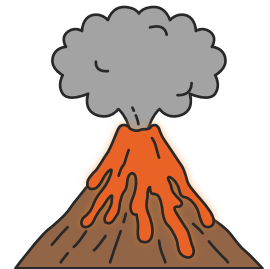
Spread fingers like a star, use your pointer finger on your other hand and trace around the star hand. Breath in and out slowly as you trace your fingers up and down until you are finished.

Bear or crab walks



Get some movement by practising walking like a bear or a crab

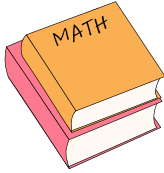
Volcano breathing/movement



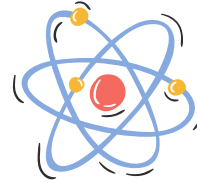
Crouch down to the ground and take a deep breath in. Then explode up in the air with hands above the head exhaling as if lava was flowing out of your head.

Homework Pictures

Maths



Science



Home Economics



Geography



English



History



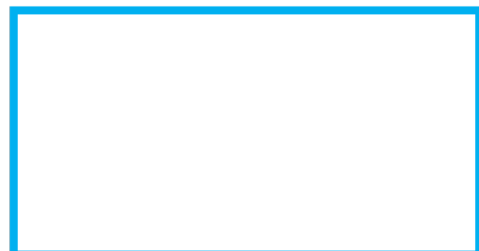
Sports



Computer



Art



Homework Words

Maths

English

Science

History

Geography

Sports

Art

Computer

