

## 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.

- My teacher might not have enough time during the day to teach all the things I need to know
- 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, it might make me angry having to do more work at home. Most kids don't like doing homework, but it is a rule the school have that kids should do their homework to learn more. Parents do not make the rules around having to do homework.



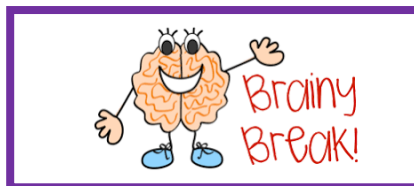
I might not do my homework as soon as I get in from school because I need a break first, that's ok! I can agree with \_\_\_\_\_ a good time to start my homework.

I will try and stay calm when I take out my homework. I might not like doing it but if I finish my homework, I will get back to doing the things I enjoy like

\_\_\_\_\_.

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

\_\_\_\_\_.

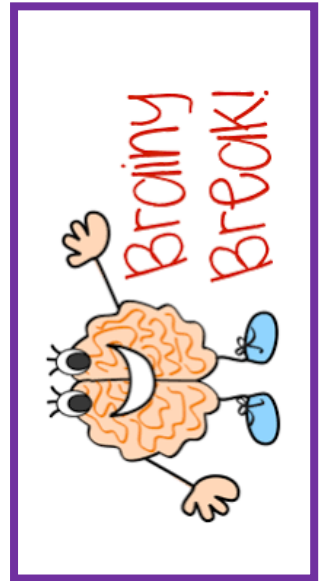
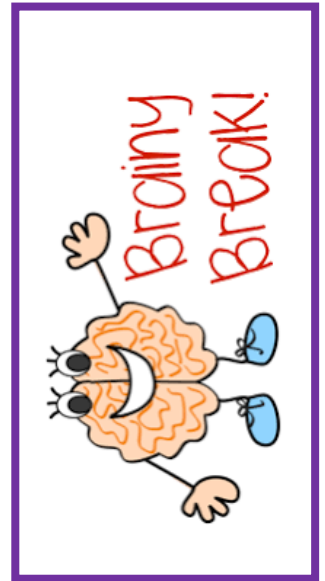


When I get my homework done, I won't get in trouble with my \_\_\_\_\_ or teacher. I will be proud of me, for doing my homework.



# 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 \_\_\_\_\_

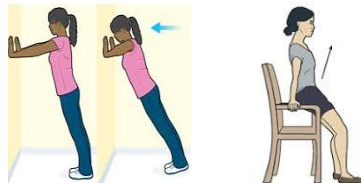
## Brain Break ideas

### Squeeze hands together



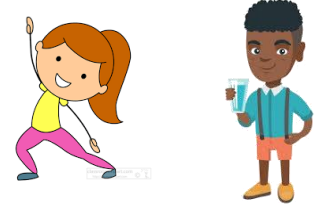
Clasp your hands together and squeeze them as tightly as you need to for 5 seconds, let go for 5 seconds and repeat.

### 10 Chair or wall Push ups



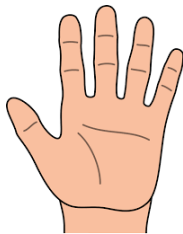
Push up against and away from a wall or lift your body up and down on a chair using your arms for a short time

### Stretch and get a cold drink



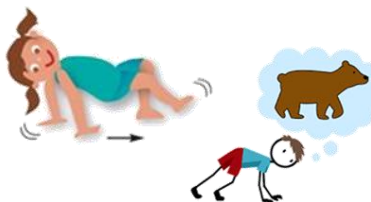
Stand up and stretching your arms and legs and getting a cold drink can be a good break

### Deep breathing



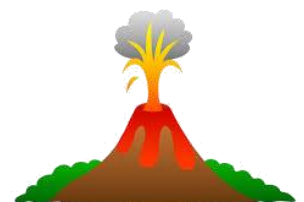
Spread fingers like a star, use your pointer finger on your other hand and trace around the star hand. Breath in and out slowly as you trace your fingers up and down until you are finished.

### Bear or crab walks



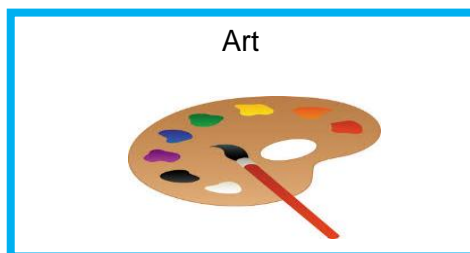
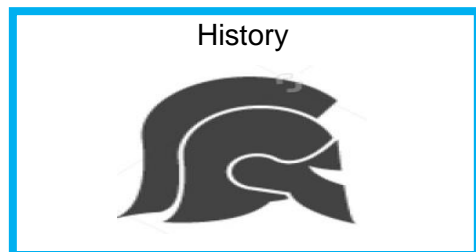
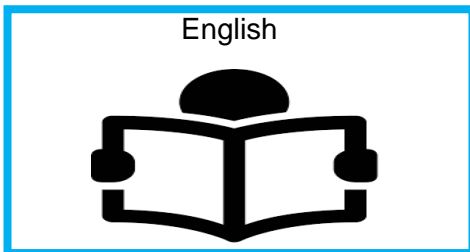
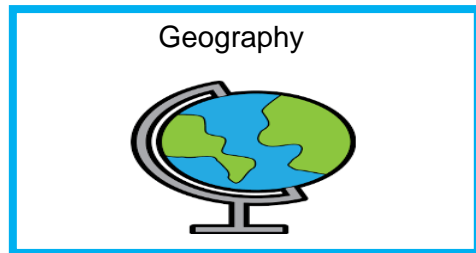
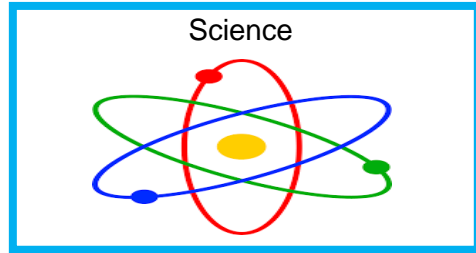
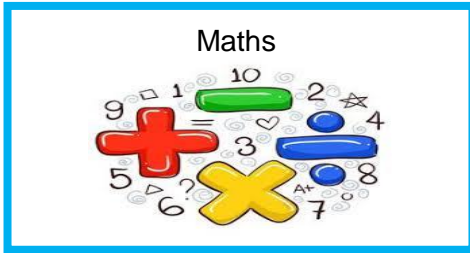
Get some movement by practising walking like a bear or a crab

### 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



## Homework Words

Maths

English

Science

History

Geography

Sports

Art

Computer

Blank box for additional homework words.

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