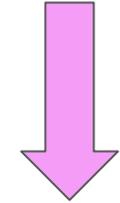


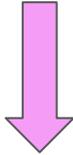
You've started your work and...

I finished my task really quickly!



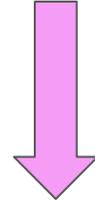
CHALLENGE YO'SELF!
Try one of the challenge activities

I'm feeling **OVERWHELMED!!!!**

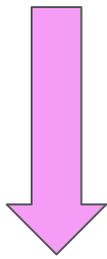


Choose one part of the activity you want to work on. It can just be a small part of the task, and something you know you'll be successful at

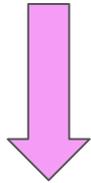
It's just right. Keep going, you're doing great!



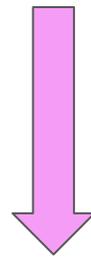
If it's been 20 minutes, take a 10 minute break. Stretch your legs, move around, go outside. Have some kind of movement break!



After you've worked on that task for 20 minutes go out and have a 10 minute break away from school work!

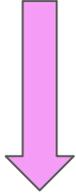


Once you've had a break, come back to the task. Choose another part of the task to work on.

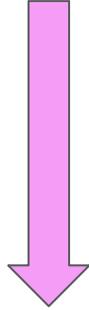


After your 10 minute break, it is time to start your work again.
If you've finished, you can try the challenge activities!

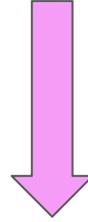
If you're still feeling overwhelmed you can try...



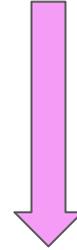
Having a zoom with a friend who has completed the task and can help you.



looking at the enabling problems to help

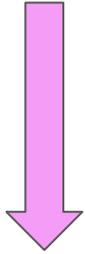


A different task (if you can)

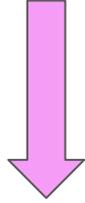


Stopping the task and coming back to it later

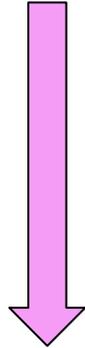
If you're finishing too quickly you can



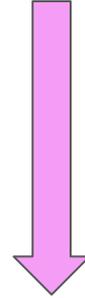
Have a look
at the
challenge
tasks



Check over your
work. Have you
done the best
job you could
have? Is there
anything you
need to edit?

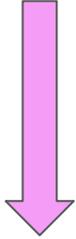


Offer your help
your classmates.
Post something
on Google
Classroom or
Seesaw (if you
can) and let them
know you're here
to help!

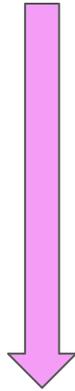


Do some more
research/learning on
a topic! For example,
if there is a topic in
maths you want more
information on, you
could jump onto
Khan Academy and
look into it further

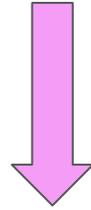
If the work you're doing is just right...



Take a break
after 20
minutes!



Take a 10 minute break.
Put your work away for
10 minutes and go
outside, read, have a
snack or chat to your
family



If you finish your
work, see if you
can challenge
yourself and
have a go at
another activity