Where am I going to study?!!

You’re used to doing some work at home, but maybe not all of it. Now, everything is there! Such a bug change!

Don’t worry. Below are some tips for creating a space for yourself to stay focused.

- Laptop/Tablet: Using one will give you more space to complete your Google Classroom assignments. If you were not able to borrow one from the school, there is a form online to fill out on Murrow’s main page.
- Notebook: Use your notebook to continue to take notes like you did in class. You still want to keep your information together.
- Calendar/Planner: Make sure you are keeping track of due dates. Although the dates and times are posted online, it is helpful to have all deadlines in one place. This can also be done using Google calendar.
- Basic Supplies: Keep pens, pencils, markers and highlighters nearby. Just because everything is online, it does not mean you have to only do things online. Think about your learning style and use that to your advantage.
- Water: Stay hydrated! Don’t forget to drink water throughout the day.
- Joy: Include items nearby that bring you joy. Below, Abby has a beautiful rose on her desk as well as a plant nearby. Since your spending a lot of time here, make it an enjoyable space.

Do your best to create a space for yourself. Since many of you are sharing the space and devices with family members, it is important to create a schedule and respect one another’s space as well. Even if you must use your bed, don’t lay down. Make the bed and sit at the foot of it!

Google Classroom Checklist

- Are you logging in daily?
- Are all of your classes visible?
- Have you checked your Google Classroom To Do List?
- Have you reviewed the assignments and instructions given by your teachers?
- Are you submitting the assignment through Google Classroom?
- Are you submitting assignments on time?
- Are you reading your teacher comments for each assignment for future feedback?
- Before logging off, have you checked your “Done List”?

Visit the Murrow Facebook page for more ideas of creating your study space!
Every day for years, you have probably followed the same routine. Wake up. Hit the snooze button a few times. Get out of bed. Wash your face. Brush your teeth. Get dressed. . . . And the list goes on and on. Now that we are home primarily, it becomes difficult sticking to the same routine. However, this is THE time to stick to one or create a new one for our new lifestyle.

Morning Routine:
Keep many of the same routines you had before. Set your alarm at night and be sure to wake up in time to be ready for school. As the weeks progress, some teachers may hold “class” online during your scheduled band time. Be sure to include what you need to do and maybe one or two things you’ve always wanted to do.
◊ Wake up
◊ Make your bed
◊ Stretch
◊ Self Grooming
◊ Put on clothes, not pajamas!
◊ Eat breakfast!
◊ Attendance

School Day Routine:
Follow your school day schedule. Focusing on a class for 45 minutes allows you to get in gear but not be too overwhelmed by the subject. Remember, many of you are taking a full class load with 7+ classes.
◊ Take your OPTA and have a break.
◊ Eat lunch or a snack when you’re hungry (hopefully not because you’re bored).
◊ Get up and walk around so you’re not sitting for hours and hours.
◊ Reach out to a friend.

Afternoon/Evening Routine:
When school is over, it’s over. Make sure you checked everything off from the Google Classroom checklist on page one. Sign out and check out until the next day. We all need time to breathe! If you haven’t already done so, get moving!
◊ Sign off!
◊ Have dinner with someone in person or virtually.
◊ Have some fun. Play a game, do a Tik Tok, sing a song! Loosen up and enjoy yourself!
◊ Do some exercise. There are plenty of videos online that will give you a quick or long routine. Break a sweat!
◊ Take a walk outside . . . As long as you can practice safe social distancing. Stay 6ft apart from others.
◊ Go to bed on time

What’s part of your routines??

Share with us using #MurrowStaysTogether

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Keep Your Routines or Make New Ones!

“Have some fun. Play a game, do a Tik Tok, sing a song! Loosen up and enjoy yourself!”

What’s Your Routine? Fill it out in the table below to help you.

<table>
<thead>
<tr>
<th>MORNING</th>
<th>AFTERNOON</th>
<th>NIGHT</th>
</tr>
</thead>
<tbody>
<tr>
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</table>
Mental Health and Mindfulness Is Important Too!

Need someone to talk to? Check out these resources sent by Mr. Williams.

NYC Well
◦ Free, confidential, 24/7 mental health support by speaking to a local counselor via phone, text or chat in more than 200 languages.
◦ Dial 1-888-NYC-WELL aka 1-888-692-9355
◦ Text “WELL” to 65173
◦ Chat at https://nycwell.cityofnewyork.us/en/

Crisis Text Line
◦ Serves anyone, in any type of crisis, with free 24/7 support and information via text.
◦ Text “Got5” to 741-741
◦ https://crisistextline.org/

Additional resources can be found in Mr. Williams email sent on Monday, March 23, 2020 via Pupilpath.

Mindfulness at Home

Mindfulness is about being aware of what’s happening in the present moment. Being more mindful helps us to be healthier and put less focus on the past or what’s to come. Some resources were sent to you by Mr. Williams on Monday, March 23 through your Pupilpath account. Check out his email for more information.

Calm App
https://www.calm.com/blog/take-a-deep-breath

Ten Percent Happier
Www.tenpercent.comliveutm_source=cv_response&utm_medium=em

Yoga for Teens and Adults
https://yogawithadriene.com/yoga-for-teens/
Check out these additional websites to help you!

- Khan Academy
- EdPuzzle
- Brainpop
- NewsELA
- TedTalks
- Crash Course (Youtube Channel)
- Numberphile
- Veritasium
- National Geographic

These sites are free for now. Just sign up using your school email address that ends in ermurrowhs.org.

#MurrowStaysTogether