

# HOW TO LEARN FROM HOME

## 6 Good Habits to Get Into

by @inner\_drive | www.innerdrive.co.uk



**1**

**Prioritise school work along with self-care.**

**2**

**Create a To-Do list at the start of the week for some added structure.**

**3**

**Don't spend all day in bed!  
Adjust your body clock to a healthy cycle.**

**4**

**Make sure you're getting all the nutrients you need and drinking enough water.**

**5**

**Get some exercise and fresh air at least once a day to rejuvenate your body and brain.**

**6**

**Socialise with your friends via video call and work together to achieve your goals.**