

# Independent Learning Newsletter Tips

## Starting The Day Well

Do you find it hard to get out of bed some days and be positive about going to school and learning? It can be hard to turn the day around when you wake up like this and don't take steps to start your day in a positive way. Your approach in the first hour of the day dictates the direction of your day of learning at school.

To ensure you start your mornings well you need to make sure you have a night-time and wake-up routine.

1. Set Your Intentions Before Bed: consciously decide every night to create a positive expectation for the next morning.
2. Move Your Alarm Clock Across The Room: so you have to get up to turn it off.
3. Brush Your Teeth: when you wake up and splash water on your face.
4. Drink a Full Glass of Water: to hydrate yourself after several hours without water.
5. Add some of the following ideas to your own routines.

The "Miracle Morning" is a book written by Hal Elrod and he speaks about starting your morning with "Life **SAVERS**". The idea is that you add some of these to your morning routine or come up with your own activities for a positive start to the morning:

- **Silence** can be meditation, mindfulness, prayer etc.
- **Affirmation** can be a word you use that reminds you of who you are and how to be.
- **Visualisation** is an intention (directing your focus) on how you want your day to be.
- **Exercise** can be a short walk or stretching or going for a run (exercise is a great thing to do in the morning).
- **Reading** something that is positive and enjoyable. What you read "resonates" with you. It gets you thinking and expanding "beyond yourself".
- **Scribe** is about journaling. Writing in your journal about your day gives you insight and clarity about issues. It also helps you realise what's working and how far you have come.

*So learn more this year about how to improve your results and be more efficient and effective with your schoolwork by going to the links section in your portal and opening the ELES handbook:*

