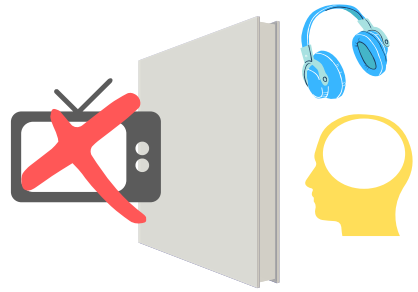


CREATING A WORK SPACE AT HOME

Setting up an organized space can help you to stay focused, finish schoolwork in less time, know where your things are, and keep you feeling calm!

1. MINIMIZE DISTRACTIONS

- Find an area that is less distracting
- Face the wall so you are not looking at the TV or what others are doing
- Use headphones to minimize distractions



2. KEEP YOUR MATERIALS TOGETHER

- All your pencils, books, and papers should be in one place
- Keep all of your school materials in a bin so they are easy to find!

3. PACK UP & STORE EVERYTHING IN THE SAME PLACE EVERY DAY

- When you're done, pack everything up into your bin
- This way you know exactly where your things are the next day!

