

# 5 Activities to keep your child motivated

“Believe you can and you’re halfway there”

“It always seems impossible until it’s done”

“What you do today can improve all of your tomorrows”



1

## Create structure

A sense of structure can make that day's tasks seem more manageable. Decide at the beginning of the day how the day will be structured to suit your work commitments, your child's learning habits and what lessons your child has on their timetable that day.

2

## Get into work mode

If your child is not feeling motivated, working in their pyjamas will not help! Encourage your child to get into the 'work mode' by getting dressed, putting away their phone, and setting up a work space free of distractions.

3

## Have regular breaks

A break away from their working space will restore your child's concentration levels. Schedule in breaks at the beginning of the day so that your child knows when they will happen.

4

## Use online tools to support

StayFocusd is an extension for Chrome that can temporarily block websites for a certain period of time. This may be useful if your child struggles to stay focused on their work because they get distracted by social media sites, games and Youtube!

5

## Reward

Set up reward systems to motivate your child. When they have completed a certain amount of work, recognise your child's efforts with a reward that will appeal to them. Your child can even design their own reward system so that they have a sense of ownership over it.