

BBC BITESIZE HOME EDUCATION PACK

Welcome to your home education journey!

This free home education resource pack for 11-16 year olds has been developed by BBC Bitesize with insights from education professionals. It offers support for children who are home educated and provides tools that can be used to help with studying.

In this pack you'll find downloadable activities such as daily planners, topic checklists and wellbeing and mental health advice. All are free for you to use and can either be used on screen or printed out.

► *We believe in continuous improvement, and we know that the needs of every home educated person are unique. So, if you have suggestions, adjustments, or ideas to make our resources even better, we'd love to hear from you.*

Feel free to contact us at bitesize@bbc.co.uk.

Allow these carefully crafted home education tools and activities to inspire and support you with your home education journey.

As you move through the pack, QR codes will appear. Give them a scan to go to our fantastic learning resources.



HOME EDUCATION HACKS

TOP TIPS FOR HOME EDUCATED CHILDREN

Create a workspace

Find a space in your home that you feel most comfortable learning in. This space can be where you can keep all your learning materials and books. It is also somewhere you can leave them at the end of the day.

Get talking

Talk to your parent or guardian about what you like/dislike about your lessons. You can discuss adapting them to fit your learning style. This kind of feedback is important as it allows you to get the most out of home education.

Establish a routine

Routines can help make home learning a lot easier for both you and your parent or guardian. If you have been in mainstream schooling, it might help to keep a 'school like' routine, including regular breaks and a lunch time.

Set SMART goals

Specific: Keep your goals clear.

Measurable: Track your progress.

Achievable: Make sure you can accomplish your goal.

Relevant: Align your goals to what you are learning.

Time-bound: Set a strict deadline.

Be flexible

It can be a challenge to try and finish all your tasks in one day. Prioritise and arrange your tasks by deciding what needs to be completed first, and focus on them. You can use the daily planner to help you get organised.

For more
advice on how
to home educate,
scan here



To-do list:

<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

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Talking about **WELLBEING**

Looking after your wellbeing is important because having the right mindset and being in a good mood can help your progress when learning. These tips are designed to help you take care of your mental health so you can thrive during and after your studies.

Set achievable goals

Breaking your tasks into manageable steps can make them easier to achieve. Writing them down, so that you can visualise them, can help you stay on track. Whatever way you choose to achieve your goals, try not to overwhelm yourself.

Spending time with loved ones

It's important to create and maintain friendships and relationships. Set time aside from studying to spend time with loved ones, you can do this face to face or meet virtually. You can even form mini study groups with friends to make learning more sociable.

Wellbeing tips with advice on sleep, bullying, mindfulness and ways to help manage anxiety and mood.



Talking about **WELLBEING**

Balancing learning and personal time

It can be hard to separate learning and personal time. Set some clear boundaries to give yourself time/space to unwind and enjoy your hobbies. To help you divide up your schedule, use the downloadable planner in this pack.

Allocate time for self-care

We all need time for ourselves. Leave space in your routine for reading, exercising, sleeping and spending time with friends. It can boost your mood, help you to relax and take your mind off your studies.

Social media usage

Social media can be a great tool for connecting with others and learning new things. However, it can easily become a distraction. Try and set a time limit on using social media apps, and turn off notifications when studying to keep you on track.

Top tips to help
manage your
mood and feelings
of anxiety and
depression.



MOOD TRACKER

MINDFULNESS AND UNDERSTANDING YOUR MOOD

Date: _____

Day of the week: _____

Today I feel...

ENERGY LEVELS

- ☐ Low
- ☐ Medium
- ☐ High

HOURS SLEPT

For tips and advice about wellbeing and managing your mood, scan the QR code.



GOALS

What do I want to achieve today?

1. _____
2. _____
3. _____

GRATITUDE

What am I grateful for?

SELF-CARE AND MINDFULNESS

What have I done today to take care of myself?

- ☐ Drank water
- ☐ Took a break
- ☐ Went on a walk
- ☐ Meditated
- ☐ Got some fresh air
- ☐ Read a book
- ☐ Spent time with a loved one

POSITIVITY

What things went well today? What am I proud of?

DAILY PLANNER

DATE

DAILY SCHEDULE

7am - 8am

8am - 9am

9am - 10am

11am - 12pm

12pm - 1pm

1pm - 2pm

2pm - 3pm

3pm - 4pm

4pm - 5pm

5pm - 6pm

TODAY'S SUBJECTS

NOTES

Are you looking for more resources to support you through your studies and other life challenges? Scan the QR code.



REMINDERS

EXTRACURRICULARS & CLUBS

TIME	ACTIVITY

DAILY CHORES

1.

2.

3.

4.

5.

Learn ways to get organised with your learning by looking at our home education hacks.



TOPIC CHECKLIST

TRACK YOUR LEARNING PROGRESS

SUBJECT:

DATE:

TOPIC	DONE	KEY POINTS
1. _____	<input type="checkbox"/>	
2. _____	<input type="checkbox"/>	
3. _____	<input type="checkbox"/>	
4. _____	<input type="checkbox"/>	
5. _____	<input type="checkbox"/>	
6. _____	<input type="checkbox"/>	
7. _____	<input type="checkbox"/>	
8. _____	<input type="checkbox"/>	

Looking for resources to help you with your learning across a range of subjects? Bitesize has you covered. Scan the QR code to find out more!



BBC BITESIZE HOME EDUCATION PACK

Here's to kick-starting your home education journey!

We hope this resource pack has provided you with useful activities, valuable tools and creative ideas to stay motivated with learning. Whatever your chosen approach to studying, as you progress and adapt your learning style to suit you, know that BBC Bitesize is here to support you.

Enjoy your learning journey and don't forget to celebrate your small wins along the way!

If you have any feedback or ideas for improving this pack, we'd love to hear from you! Your input helps us create better resources for future home educating families. Feel free to reach out to us at bitesize@bbc.co.uk.

For monthly home education news and stories, plus updates on the latest Bitesize content, register for our newsletter today.

