








## The 7 Bs – ways to support your own learning

	<p><b>Brain</b> Give yourself time, think about it first, try to work out the answer on your own.</p>
	<p><b>Book</b> Look in either your book or handout etc. You could also write your question in a book and e-mail the question to your teacher later.</p>
	<p><b>Board</b> Look at the board. There is usually a clue or answer there.</p>
	<p><b>Buddy</b> Ask your buddy, they might know (remember: only do this, if you can ask and follow the social distancing rules). Maybe you could write your question on a mini whiteboard or piece of paper in large enough letters for your buddy to see.</p>
	<p><b>Boss</b> If they don't know either, chances are a lot of people are confused. This is now the time to ask for help from a member of staff such as your teacher or a teaching assistant. Maybe you could write your question on a mini whiteboard or piece of paper in large enough letters for staff to see.</p>
	<p><b>Break</b> Sometimes you may need to take a short break and then you can try using your brain again. This break should ideally be taken in the lesson for a couple of minutes, without disturbing others. Things you could do in your break could include a sensory activity which you find calming or thinking about something which helps you relax. It could also mean taking a break from the task you are finding difficult and moving on to something which is easier for you.</p>
	<p><b>Breathing</b> Sometimes deep breathing exercises can be helpful. There are various activities which you can try such as: breathe in for 3, hold for 3 and breathe out for 3.</p>

