

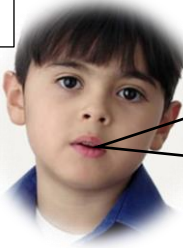
IT'S NOT FAIR!

||



In life one of the most comments or phrases you will hear from people of all ages is:

A



**It's not fair.
Mum says I
have to tidy
my room.**

**It's not fair.
She's taken my
toy.**



C



**Take the dog for a walk & I
did it yesterday.
That's not fair**

**You always get to watch your
programmes. It's not fair if I can't have
the remote.**

D



E



**Unbelievable. He's
eaten all the chocolate
biscuits again
That's so unfair.**

**That's the space I like and
now someone else has
parked there.
That's not fair**

F



G



**That's not fair. Someone else has
got the book I wanted from the
library.**

I'm sure you have experience some of the situations on the previous page in your own lives and you too may have thought, 'It's Not Fair!!!!'. The reality is, however, a lot of the time our reaction when we decide something is 'not fair' is actually an over reaction and the problem that we believe to be

is really actually quite



SMALL .

Go back to the previous page and think about how could we look at each situation in a more positive way so that we don't see the issue as being such a 'big deal'. The first has been done for you.

A: Mum works hard and does lots of jobs around the house. It will only take 15 minutes maximum and mum says I can have some pocket money if I do it.

B:

C:

D:

E:

F:

G:

At the moment things seem a bit strange. Our usual routines have had to change and the things we are used to doing are not possible. Examples of this include:

Going to school



Seeing friends



Going to the park



Playing sports for a team



Meeting up with family



Going for food at McDonald's or

Burger King or Subway



We all have things that we miss doing – ***use the boxes below to list some of the things that you miss being able to do.***



Some of these might be 'big deals' for you and so they might appear to be

Not Fair

but it's not quite as simple as that.



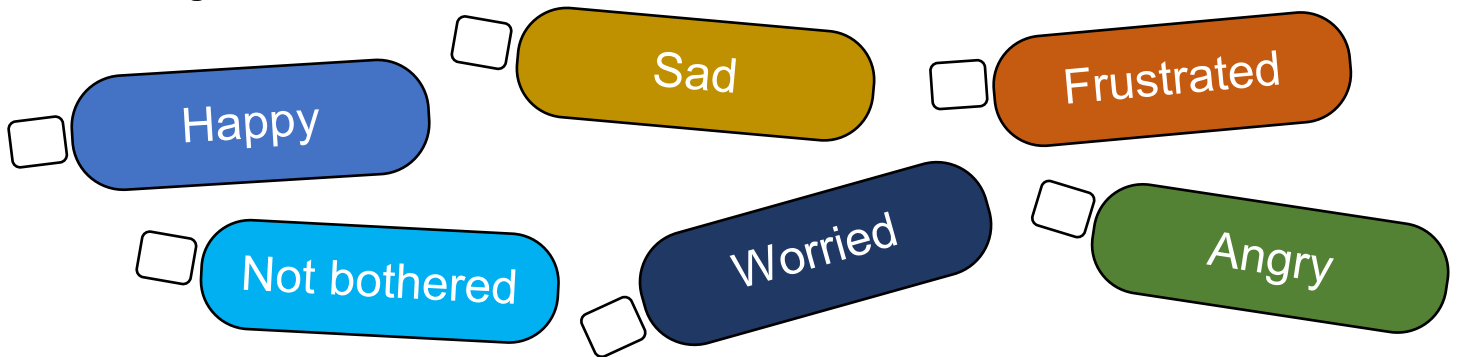
The real meaning of 'Not Fair' is:

Not being treated the same as other people

At this moment in time the world is a very different place and things have had to change. New rules are in place and it is expected that **everyone** has to follow these same rules. It's not nice but this situation we are all having to live in is 'fair' because it is the **same for all people** whether you are young, old, male or female – no one gets treated differently.



One of the biggest changes we have all had to cope with is school not being open. Different pupils will have different feelings about this and some of these might be:



Tick any of the boxes that you think apply to you or use the space below to describe how you feel.

Some children will feel really angry that school is not open and will want to blame someone for this. They might want to blame some or all of the following:

Headteacher

Teachers

Parents

The

Government



The fact is no one is to blame. The decision to close the schools has been done to protect the whole of the British population. This rule also applies to other countries around the world as it's the best way of keeping everyone safe.

If you still feel angry about it then you need to find a safe and healthy way of getting rid of that anger. Some suggestions for this could be:

Use 'Self talk' techniques.



Try exercising



Write your feelings on paper and then rip it into tiny pieces.



Use deep breathing techniques

TRUSTWORTHY · RELIABLE · COMMITTED · ACCOUNTABILITY ·
STAYING CALM
1+3+10=Calm

1 Tell yourself: "Be calm!"

+

3 Slowly take 3 deep breaths.

+

10 Count slowly to 10.

I can act responsibly by staying calm.

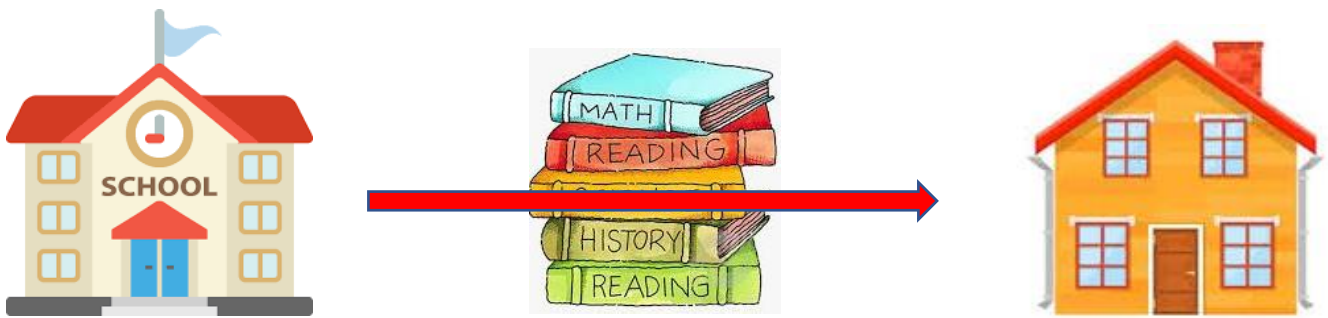
TRUSTWORTHY · RELIABLE · COMMITTED · ACCOUNTABILITY ·
DEPENDABLE · COMMITTED · ANSWERABLE · ACCOUNTABILITY ·

Using an app such as 'Think Ninja'



Or whatever strategy that works for you. The one thing to never forget is that **getting angry won't change the situation.**

Now we are all at home and not going to school, one of the biggest changes we have had to adapt to is completing schoolwork at home. Schools, **by law**, have to provide work for all children to complete. For some of us this is ok as we are happy to work at home but for others this might not be the case.



Tick the box which best describes how you feel about completing work at home.

- Quite happy to complete schoolwork at home.
- It's ok but not great.
- Not bothered by it.
- Refuse to do it. It's not fair.

If you ticked the last box, explain why you think it's not fair to complete schoolwork at home.

Some pupils will think that it's not fair to complete schoolwork at home. However, things are different from normal so this means we might just have to change, for a short time, the way we look at things and the beliefs we have.

Look at the questions below and decide which statements you believe to be 'true' and those you believe are 'false'.

Schoolwork is being set by your teachers because, by law they have to do this.

True

False

Schoolwork is being given to you by teachers to help you continue your learning.

True

False

Completing schoolwork can be a way of sharing what you have been doing in school with your family.

True

False

Completing schoolwork will keep your grades at a good level.

True

False

Completing schoolwork at home is a way of developing your independence (working on your own) skills.

True

False

Completing schoolwork at home will make it easier when school re-opens as you will still be used to studying and completing tasks

True

False

Completing schoolwork at home actually takes up less than time you would spend doing it at school.

True

False

Your answers for the questions you answered previously have been 'True' because each statement actually is the truth. Completing schoolwork at home will help us keep our brains busy and will definitely help us when schools do eventually re-open.



One of the most amazing facts is the last statement – we could



actually complete our schoolwork at home in a lot less time than it would take if completed at school. This sounds ridiculous so let's see if we can prove it.

Each day in school is slightly different for each young person so to make things easier we are just going to use data from one pupil, Beth, who goes to a school in Birmingham.

This is what a typical school day for Beth looked like when her school was open.



- Schoolwork
- Homework
- Travel
- Eating
- Watching TV
- YouTube
- Internet + Phone
- Video Games
- Family/ Pets
- Hobbies/ Clubs/Groups/

Other

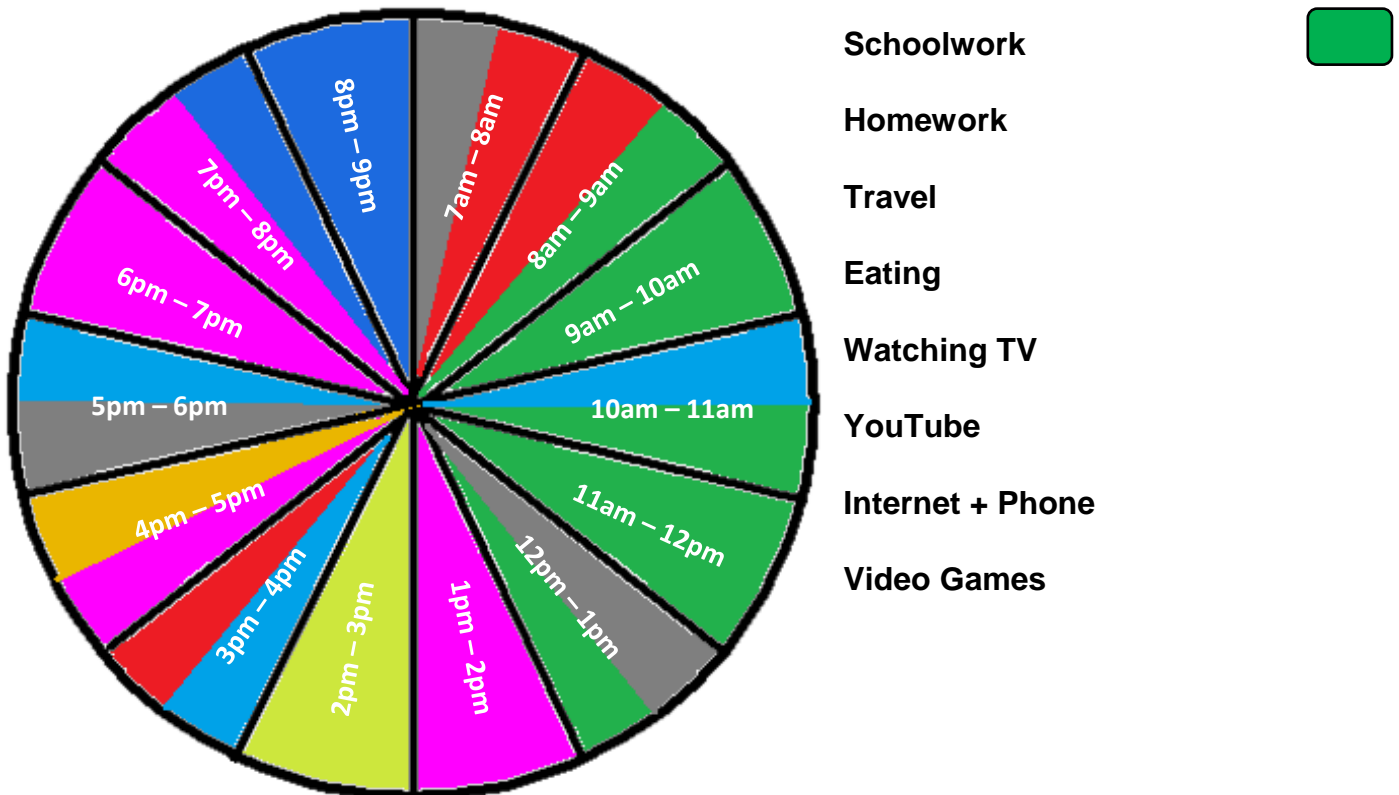
Beth then worked out the following:

Hours in the day	=	24
Hours spent sleeping	=	9 ½
Hours spent completing schoolwork/ homework and traveling to school	=	7 ½
Time for Beth	=	24 - 9 ½ - 7 ½ = 7

This leaves Beth with approximately **7 hours** every day to do all the other things she wants to do such as play games, watch TV, YouTube and so on



Now Beth has been completing schoolwork at home for 2 weeks we asked her to complete the pie chart again to show what a typical day now looks like:



Family/ Pets

Hobbies/ Clubs/Groups/

Other



Beth, once again, worked out how much time this gave her in the day:

Hours in the day	=	24		
Hours spent sleeping	=	9 ½		
Hours spent completing schoolwork/ homework and traveling to school	=	3 ½		
Time for Beth	=	24 - 9 ½ - 3 ½	=	11

Beth has found that she has been able to get her schoolwork completed in less time and she now has approximately **11 hours** every day to do all her own things – **4 hours more each day** than she previously had.



We asked Beth to describe how she was finding working at home and this is what she said:



I miss seeing my friends but I do try to keep in touch by Facetime and SMS. Sometimes we help each other with the work.

I like the fact I can get the work done quickly – gives me more time to do my own things

It's been nice talking through my work with my dad. It's quite funny when he doesn't know the answers!

Doing the work makes the day go quicker.

I'm more confident at working independently.

When I do go back to school I won't have to catch up on any missed work.

Mum tells me to have a short break every 45 minutes and it's good to be able to do that

I've found it easier to concentrate with no distractions around me.

It's been nice not always having to write work out – I've typed a lot on the laptop and it's been a good way of working

I made a work schedule for the week and this has really helped.

Beth finished by saying:

Completing schoolwork at home is not ideal but it's nowhere near as bad as I thought it might be. I am, however, looking forward to when I can go back to school and everything gets back to normal.



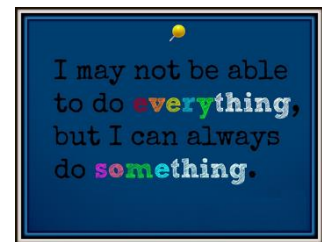
We asked Beth to list her top tips for completing work at home. This is what she came up with:

Make a schedule for when you are going to complete your work. It's no different to having a timetable in school.

Week of _____

Time	Monday	Tuesday	Wednesday	Thursday	Friday

Complete what you can. Some work is better than no work.



Have a clean, distraction free space to work in. Turn tablets/ phones/ consoles off unless you really need them to search for information.



Take regular breaks.



Focus on the positives, not the negatives.



Remember – this isn't forever. School will start again soon.

ENDING SOON

To conclude, therefore, the big question to ask is, do we still think being asked to complete school work at home is unfair?



Tick the boxes you agree with to help you decide:

- It's just for a short while and it's not going to be forever
- It's a good way of keeping in touch with friends
- I will actually get more time to do the things I want to do
- It's an opportunity to learn in a new way
- It will make me a more independent learner
- It will help me when school eventually reopens

Hopefully, you will have ticked many, if not all, of the boxes. If you have ticked at least 3 then you certainly no longer think it's unfair to complete your schoolwork at home.

If you want some extra help with creating a schedule then try asking someone in your family to create one or you could even email your teacher.

You could also try creating 2 pie charts like Beth did to show how much extra time you will have for yourself.



**Good luck and we hope to see you back
in school very soon.**

