

# Bouncing Back Forward in Remote Learning

Our world has faced (and is still facing) a significant challenge. With a return too remote learning, many of us are understandably hopeful that things will eventually 'go back to normal' – that life and work can resume as they were before. It is important, however, that this process not be about **going back** but rather about **moving forward** into remote learning. The goal is to transition forward into the remote learning with the lessons from our first experience as our guide.

This series of quick and easy steps that can be taken to spark the mind and body into readiness for **TAKING OWNERSHIP** of the day. Try all of these things – they work!

## 1. BRAIN FOOD

Check your diet and make sure you are giving your brain what it needs. Yes, backed by science – these dopamine inducing foods are designed by nature as a little healthy pick-me-up. Don't forget to drink plenty of water.



BEING

COURAGEOUS