

Learning: Help the child to organise her / himself

Approximate time: 20 minute tutor time session

Materials: Learning Handout 3 / iPad

Aim/outcome: To encourage students to explore how they can be more organised and how being organised can help them feel more resilient

Explanation:

Using the case study ask students to make a list of things that the student needs to do. Then organise how and when they would do the things with times and dates

- Ask students to say why they organised the tasks in the way they did.
- What tasks will they not be able to do and why?
- Then discuss with the class:
 - Is it easy to organise yourself?
 - What things do you need to organise? – school clothes, lunch money, getting school bus, homework, PE kit
 - Is it easy to be organised or is it something that you learn?
 - How could being organised help them cope better and feel less stressed?

Expansion activity:

Ask students to keep a diary of all the things that they have organised in the week. Was there anything they forgot to do and what were the consequences? Did they end up feeling stressed because they were not organised?

One-to-one:

The above activity can be completed one-to-one with a student. The student may need support, especially if they have problems with organising themselves.

Students say: Students with disabilities may find it hard to be organised so this subject needs to be discussed sensitively so that students do not feel inadequate or ashamed.

Organisation handout

Case study: Using case study make a list of all the things the student to do so that their school day is more organised and less stressful.

I had the worst day in school ever! I managed to sleep through my alarm and got up late. I could hear mum and my brother shouting at each other. My sister was in the shower so I couldn't have one. I just got dressed quickly and ended up wearing odd socks because I couldn't find any clean ones. When I went downstairs to have breakfast I was shouted at for getting up late, and my brother had drunk all the milk so I could not have any cereal. I then went to get my PE kit and it was still wet and sweaty from the day before. I couldn't take it to school and Mum refused to give me a note because I always forget about my PE kit...it is just shoved in my bag at the end of lessons. I then tried to print off my English homework and the printer jammed. It refused to print. Mum started shouting at me telling me that she was leaving in five minutes and it was my fault for not printing out the homework the night before. I ended up grabbing my bag left on the floor the night before and leaving the house with Mum and brother.

Mum drove me to the bus stop and the traffic was bad she was in a bad mood and told me off for not having my PE kit sorted as well as my English homework. She also said she was banning me from Xbox because I stayed up until midnight playing 'COD'. I ended up having to get out of the car and running down the road to the bus stop only to miss the bus by one minute. I could see it driving off to school just as I got to the bus stop. I had to wait another ten minutes and was going to be late for registration. It was awkward waiting there because there were a group of boys who were smoking and pushing each other. They kept pushing one of the boys into me. I moved away and they started saying things. Finally the bus arrived and it was a single decker. I got on and the boys sat next to me. I looked for my iPod in my bag so I could just zone out and listen to music but I had left it at home. The boys just carried on pushing each other and calling each other names including me. I just tried to sit there and ignore them. When the bus stopped outside school I walked quickly into school and boys were behind me. Miss Middleton saw all of us together and started telling us all of and said she was going to put us on report for constantly being late. She did not realise I was not part of the group. She took my name down. I then went to attendance office where they lady also told me off for being late.

I then finally got to Science and there was a test. I had completely forgotten about it and had not revised. Everyone had started the test and the teacher made a big deal of me coming in late. I also didn't have a pen which he also made a big deal about. I did really badly in the test, I didn't know any of the answers. I would have been able to do it if only I had revised. Next lesson was ok, it was R.S. I just sat at the back and stared at the clock waiting for the lesson to end. I was really hungry and very tired. At break I still felt tired and hungry. I found it hard because my best mate was not at school today, he was on a trip. My other friends were OK but they kept winding me up saying I was grumpy and not much fun. Next lesson was English and the teacher gave me a detention for not handing in my homework. I felt like such an idiot for not printing it out last night.

The rest of the day was really hard, I didn't have any lunch and was really tired. I found it hard concentrating in class, and ended up just staring at the clock. My Maths teacher shouting at me for not paying attention and not being able to answer a question that he had asked in front of the whole class. I had PE last thing and didn't have a PE kit which Mr Watt was not happy about and said that I wouldn't be able to play in the basketball team until I get myself more organised and sorted out, which I felt gutted about because basketball is the one thing I love about school. Finally the school day ended and I can't wait to get home eat, sleep and rest as well as complete a big list of homework.