

The Quarantine Slay Guide

Tips for balancing work and home during quarantine

PREPARE IN ADVANCE

Take the day you're least busy and plan ahead for the next week to two weeks.

Don't forget to schedule time for your mind, body, household.

Make sure to set a specific day for meal planning, the grocery run, and prioritize cleaning days.



SCHEDULE STUDENT CHECK-IN TIMES

Set time when you and your students can work together. Make sure you have all info to touch base if you have questions.

If you have multiple children, don't forget to write down the schedule.



SET UP A WORK ZONE

Set up a comfortable, well-lit area and designate it for work.

Avoid working from the couch or bed - when it is time to relax your brain might find it hard to shut off work thoughts.



IDENTIFY YOUR TOP-5 LIST

Every night before you go to bed, make sure that your TOP 5 goals to slay for the next day are complete.

If you don't slay all 5, it's okay, make sure what wasn't completed gets put priority to the next list.



OVER-COMMUNICATE

Once your expectations are set, make sure your family is aware that you have goals to slay.

They need to know exactly how things will run day-in and day-out and how they can help you.



BE FLEXIBLE

Be empathetic of the home situation of students as some may not have available adult supervision or reliable internet.

If students need special support, be open to their unique needs.

