

## **Why do I have to do homework after I have been working in school all day?**

It may not seem fair that teachers expect you to do more school work after school, at home. You may feel like there is no time left in your school day to do what you like to do. The reason that most teachers give homework is that there is not enough time during the school day to finish all the work you need to do.

If you are having a very difficult time getting your homework done, then you and your parents can talk with teacher to see if there is a way to make doing homework less frustrating for you. You may spread your work out during the week so that you do not have so much to do every night, or see if you can reduce how much you need to do.

Doing homework does not mean that you cannot have any fun at home; it just means that you have to find a better way to get it done so that it does not take over all of your time.

It may help if I;

- Choose a special time in the afternoon or evening and a space to do my homework
- See if I move my body before sitting, which may help me tolerate sitting again
- Keep a record of how much time I spend doing work and much time I spend playing
- Have I meeting with my teacher and parents so that we can find a better way for me to get my work done.

Do you have any ideas about how to make homework work better for you?

Why do I have to turn off the computer or the TV before my game or show is over?

It may seem unfair to you that adults expect you to stop playing a computer game before you have finished playing the game, or turn off the TV before a show is over. The reason you cannot play the computer or watch the TV for as long as you want to is that there are other things that you need to do. Some of the other things you might need to do are go to school, finish your homework, have dinner, take a bath, or go to bed!

If you stayed on the computer or watched a dvd for as long as you wanted, then you might not have time to do the other things you need to do. Playing on the computer or watching a show can be fun when you are able to stop without getting upset.

It might help if I;

- Know ahead of time how long I can play on the computer or watch TV each day and have the time on a chart that I can check before I begin; set a timer so that I have a five-minute warning before my time is up; agree that if I go over time, I will lose those minutes the next time I play.
- Only play games that can stop at any time without losing points, or get a memory card for the games system that will save my place; I may also only want to watch shows that I have recorded so I can finish watching the show at a different time
- Find other activities that I might enjoy doing like art-work, board games, playing Frisbee or lego.

Do you have any ideas that might help make stopping the computer or TV easier for you?

➤ I do not understand why;

➤ It makes me feel;

➤ The reasons why I need to;

➤ Some things I could do are;