

Unwind after School

After a busy day at school, it's not unusual to feel tired and drained of energy. It's important to take some time out to relax and unwind. This gives you the space to digest the day's events and to re-energise both mentally and physically. Taking some time to relax can also benefit concentration levels, making it easier to focus and apply yourself to homework. Find some ideas for unwinding after school below!

Get out and move about!

After a busy day of concentrating at school, you need to get out and about for some fresh air and exercise. Even a short walk can help towards relaxing both the body and mind. If the weather is bad, you could try some simple yoga exercises indoors. Exercise is a great way to help you to rejuvenate after school. Some outdoor games in the back garden or local park can give you the energy boost you need.



laya Super troopers

Technology time out!

These days, we are spending more and more of our time using digital technologies. Whether it's a laptop, mobile phone or television, it's important for us to take some time away from the screen. Having a technology time-out directly after school can provide this break, where we can quit the screens for a certain period of time each day and instead engage in other activities like art, crafts, or physical activity.



Let it out!

Give yourself time after school to think and chat about your day, to your friends, family or even your pet! Reflect on all the good things that happened in school. This provides an outlet for you to talk about everything you're thinking about.

Chill out!

Sometimes the answer to a demanding school day is simply taking some time out to completely relax. Some nice ways to relax after school include: taking a favourite book for a quiet read on a blanket or comfy sofa, sitting or lying down listening to soothing music, or doing a simple colouring/colour by number activity. These are just some ways to relax and unwind after school so that you're all set for the rest of the day!



Check out
layasupertroopers.ie
for more tips and
activities.

