

# Five Top Tips for Quaranteens

*How to stay focused and productive*



1. **Have a Routine - A routine is good because then you are in a rhythm and it feels like a school day but at home. Having a routine makes things feel a bit more normal.**

My day at school used to be; 7am get up, get dressed and get over to school. Rarely would I have breakfast then it was tutor time and lessons. Most of the times I didn't get a snack at break time and went back to lessons then to lunch and back to lessons. Normally, dinner was at 5pm and it was lights out a 10pm.

Now, during lockdown, I'm at home and actually my routine is completely different; I get up at 8.30am on a weekday, I have breakfast, lessons start 9.30 until 11.30am then I usually go on a walk and come back for lunch. I have another lesson at 2.15pm and then I can have dinner and relax. Bed is usually 9.30pm.

Being at home for me is less stressful, and I feel more relaxed. I eat better, generally sleep better and feel happier.

**So, for all the parents worrying that their teen is stressed or anxious not being at school – talk to them they may actually prefer being at home with you.**

2. **Be Active – walks runs and cycling. Sometimes it is good to get of the house.** I have started doing two walks a day, one on my own and one with my mum. We talk as we walk and that's good but we also see the horses near us and take in scenery. I would go mental if I was stuck in my room all day in front of my lap top and I know most of my friends agree. We want to go and do stuff and be active. I'm really missing rugby, cross country and the being part of a team stuff but exercise with others, even if it's your mum, is good!
3. **Help out – do some household jobs to keep you active and to lend a hand.** I know that my mum has to work hard so if I can help her I will. Do things like cut the grass, wash the car and load the dishwasher.
4. **Try something different – I succeeded in baking!** I have baked a chocolate torte, honeycomb and made a salmon dish for dinner.

**The honey comb recipe is at the bottom of this post... 😊**

Other things to try are; writing letters, build a family tree, do some colouring

5. **Use Tech Sensibly** – it's good that we've got access to speak to friends, take virtual tours and learn new things. Phones, which are often a source of arguments for parents and teens, are lifelines at the moment with sites like Pinterest, Facetime, and apps for fitness. However, to stop any arguments my top tip for parents is; don't limit the amount of time your teen can spend on tech but make times which are tech free times. So, don't say things like you can only have 1 hour 30 mins online – suggest times in the day when technology gets put away. If you don't nag us to come off it all the time we will regulate ourselves – honestly!

### Ingredients

2 table spoons caster sugar,

2 table spoons golden syrup,

1 tea spoon bicarbonate of soda,

80 grams plain chocolate,

1 table spoon of water.

**REMEMBER READ THE RECIPE THROUGH BEFORE YOU MAKE:**

### Method

First set out all the utensils, which includes: 2 pans, 1 glass bowls, 1 plastic tuppaware, some cling film, spatular, 2 wooden spoons, weighing scales, 1 wooden rolling pin, 1 large plate, 2 table spoons and 1 tea spoon.

Secondly, measure out the caster sugar and the golden syrup, then add to a small pan and turn on the heat.

While the sugar mixture is heating up, weigh out the chocolate and water then add to a glass bowl. Then use the double boiler method. (To make a double boiler, you have to put water in to a pan then let it boil. After that you add the bowl of chocolate and water.)

While the water is boiling stir the sugar mixture until smooth and runny. By this point there should be no sugar grains in the pan. Then take off the heat and add bicarbonate of soda. A fizzing reaction should appear. Then put the cling film inside the tuppaware and gently, using the spatular scrape out all the mixture. Now leave to set.

Return to the boiling water and place bowl on top of pan. This should instantly start to melt the chocolate. Now turn water temperature down to a simmer heat (low). **REMEMBER** : keep the water on a low heat. If heat is high, chocolate starts to thicken.

If chocolate starts to thicken, don't worry: just add another tablespoon of water to the chocolate. This should make it runny again.

The sugar mixture should be hard. If not leave it to set for another 15 minutes. Next, carefully pull each side of the cling film up and this should ease the mixture up and out of the mould.

Next, get out the rolling pin and hit the mixture so it will crack into pieces.

Finally put the heat back on the chocolate so it's warm. Now dip the Crunchie pieces in to chocolate and lay flat on your large plate.

Leave to cool and eat!