



Lost on the Crashing Waves of the Sea!

Behaviors, exhaustion and doubt, oh my!
In homeschooling, there can be rough waters, that's for sure.
When truly lost at sea, seafarers say that staying calm and focused is a priority, followed by making a plan and signaling for help. Maybe following this protocol can help you.

Staying calm with constructive thoughts can help you formulate a plan and know where to look for help. Land ho!

Thought	Basis for Thought	Rethink	Possible solutions/Plan
<i>Sample: I can't handle this chaos for one more day!</i>	<i>Kids are running wild, the house is a total mess, no school work is getting done, I'm stressed out.</i>	<i>I can manage quite a bit, but I need cooperation in order to stay sane and accomplish what is needed.</i>	<ol style="list-style-type: none">1. Make a realistic schedule of work and play (including myself)2. Talk with each child about their needs and my expectations.3. Try new schedule for 1 week, then revise as needed. In the meantime, talk to others in similar situation for ideas and support.
Now it's your turn:			



(See suggestions on "Lost on the Crashing Waves of the Sea" page of my website)