



Lost in the Doldrums

Just as sailors can get stuck on windless waters in the middle of the sea, we homeschoolers can find ourselves uninspired, unmotivated and ready to throw the whole idea overboard.

Identifying the cause is the first step towards getting that refreshing wind in the sails again.

Use the following prompts to help you pinpoint reasons for the doldrums:

Is it you?

- ___ Are you just too tired?
- ___ Are you discouraged due to lack of progress?
- ___ Lacking enthusiasm for teaching?
- ___ Is it just hard to face it day after day?
- ___ Are you sick of trying when it seems like nothing works?
- ___ Are you bored?
- ___ Other:

Is it your children?

- ___ Are they melancholy or disinterested?
- ___ Are they tired of doing this stuff at home and want to be with friends instead?
- ___ Is the curriculum/plan of study uninteresting?
- ___ Are they too tired?
- ___ Are they energetic and have trouble settling down to do the work?
- ___ Other:

Good news! There are solutions to all of the above. Go to the "Lost in the Doldrums" page on the website and see the lists of ideas. Jot down the ones that sound promising here, then put on your creative thinking.....uh, sailor🦢cap and give them a try.