

Here are a few good reasons for doing homework:

- It helps you practice skills that you haven't fully learned yet. And it helps you review skills that you have learned.
- It gives you the chance to finish up tasks that you couldn't get done during school hours.
- It helps you learn and grow.



Now, repeat after me:



## 9 Hints for Doing (And Get-Throughing) Your Homework

### HINT #1 Go Screen-Free

You cannot watch television or videos—or play games on your phone, or text, or get on social media—and do your homework at the same time. It doesn't work! People who do their homework while looking at screens often develop "Screen-Homework-Neck." (This is a nervous twitch of the head that occurs as a result of continually flicking your head up, down, or over to get a quick look at the screen as you work.) The more you flick, the more you twitch. The more you twitch, the more you flick.

This terrible condition gets worse as you age. "Screen-Homework-Neck" is embarrassing when you get old enough to kiss and you keep missing the other person's mouth.

Many kids do their homework on a computer, tablet, or other electronic device. These devices make it very tempting to be distracted. It's so easy to switch over to another app to play or watch videos! To stay focused,

you have to be strong! Make a deal with yourself that you will do **homework only** for 30 minutes, then reward yourself with five minutes of playtime. Some kids turn off Wi-Fi on their devices until they have completed their homework.

