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TIPS for Distant Learning at Home



Doing school virtually can be stressful! As a parent, you want what is best for your child while juggling working from home and online academics. Here are some tips to help your home run smoothly.

1 Create a Clear Schedule!

A clear schedule with breaks and free time included. "First we do this, then we can do this." (Have student complete an assignment and then they can do an activity of their choice for 10 minutes or so)



2 Break it into chunks!

Take learning in small bits of information. Most kids need a gear change after 7-10 minutes. (Set a timer for 10 minutes so that student can see their progress)



3 Avoid Distractions!

Make the learning environment in a room away from distractions such as television, video games, etc.

4 Start Fresh!

Start schoolwork in the morning when kids are sharp. Have your kids shower, eat breakfast, and get dressed in clothes, not pajamas! Set small goals (complete 2 assignments, take a break.)

5 Think Outside the Box!

Teach them hands-on things like cooking, baking, gardening, crafts to break the monotony



6 Take a break!

Sometimes you just need to clear your head! This could be as simple as counting to 10, listening to your favorite song, or taking a short walk outside!

7 Point Systems Work!

Use a point system for breaks, stickers or whatever motivates your children.



8 Don't Fight!

When the student isn't "into it" anymore, rather than argue, create a distraction like: take a walk around the block, walk the dog, etc.

10 Talk to Someone!

You are not alone! Tell family, friends or your school counselor that you are feeling overwhelmed. Sometimes just expressing your stress to someone can help you manage it.

9 Be Flexible!

Recess can be longer than 20 minutes!! Enjoy your time together.