

TIPS FOR DISTANCE LEARNING

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**STAY
POSITIVE**





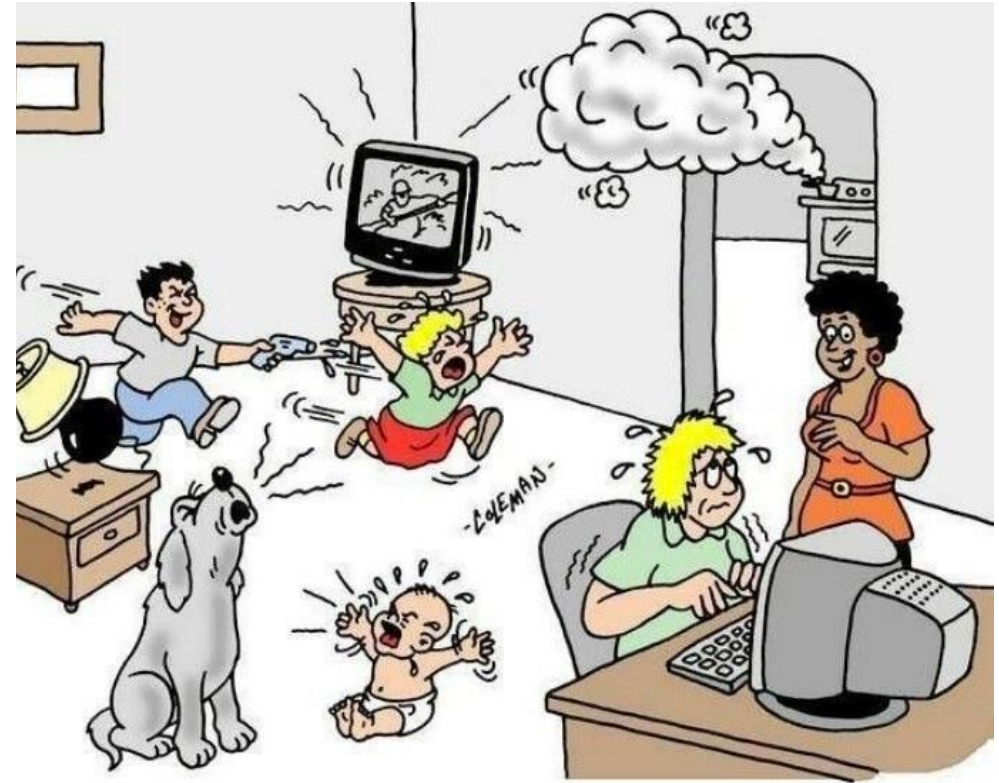
**SET UP A DEDICATED,
WORK-FRIENDLY,
QUIET SPACE**

General “Norms” for Distance Learning

- Keep video access on
- Remain on mute. Each teacher has a system for a student " to show that he/she has a question or a comment
- Be respectful at all times in your speaking, writing, and your appearance
- Stay focused on the speaker by giving eye contact to your camera
- Taking pictures or recordings of Google Meets is not permissible



KEEP DISTRACTIONS TO A MINIMUM





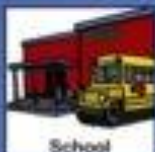







" IT MUST BE NICE HAVING A JOB
WHERE YOU CAN WORK AT HOME. "

HELP YOUR CHILD MAKE A PLAN

- Create a schedule – can have your child help!
- Let them know YOUR schedule too
- Set goals and use timers if needed
- Incorporate lots of movement breaks throughout the day
 - Get outside!!!

Before 8:30am	Morning Routine: Wake up, eat breakfast, make your bed, get dressed, brush your teeth, etc.
8:30-9:00	Morning walk outside with the family
9:00- 10:30	Academic Time (may include a few Brain Breaks)
10:30- 11:00	Snack/Free Time
11- 12:00	Academic Time (may include a few Brain Breaks)
12:00- 1:00	Lunch/Free Time
1:00- 1:30	Quiet Time - reading, puzzles, nap, etc.
1:30-2:30	Academic Time (may include a few Brain Breaks)
2:30-3:30	Creative Time - Legos, drawing, crafting, music, cook, etc.
3:30-4:00	Afternoon Fresh Air - Bikes, walk the dog, play outside
4-4:30	Chore Time
4:30-5:30	Family Time/Extracurricular Activities
5:30-6:30	Dinner
6:30- 7:30	Free TV/Games Time
7:30	Bedtime Routine - bath, brush teeth, put PJs on, book. Etc.
8:00	Bedtime - all kids
9:00	Bedtime - all kids who follow the daily schedule and don't fight :)

MY DAY

7:00	 <small>Wake Up</small>	4:00	 <small>TV Time</small>
8:00	 <small>School</small>	5:00	 <small>Outside Play</small>
2:30	 <small>Field Trip</small>	5:30	 <small>Set Table</small>
3:00	 <small>Snack</small>	6:00	 <small>Dinner</small>
3:15	 <small>Homework</small>	8:30	 <small>Bed Time</small>

schKIDules.com



Checklist

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

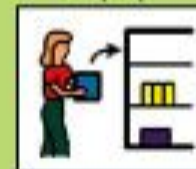


MORNING JOBS

- | | |
|--|--|
| <input type="checkbox"/> GET DRESSED | <input type="checkbox"/> MAKE BED |
| <input type="checkbox"/> EAT BREAKFAST | <input type="checkbox"/> GO POTTY |
| <input type="checkbox"/> BRUSH TEETH | <input type="checkbox"/> CLEAN UP TOYS |
| <input type="checkbox"/> DO HAIR | <input type="checkbox"/> ALL DONE! |

First

Tidy up



Then

Outside



**ENCOURAGE
PHYSICAL
ACTIVITY AND
EXERCISE**

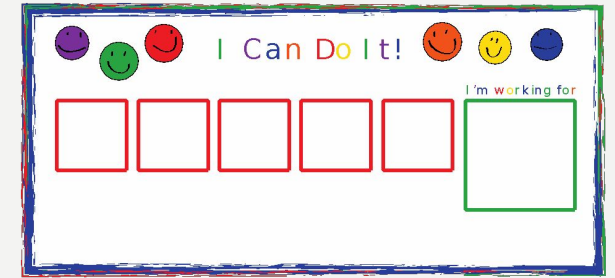


GIVE YOUR CHILD CHOICE

- Helps your child take ownership of their learning**
- Helps keep children motivated**
- If they need help making choices, you can start by giving them 2 choices**

**GIVE YOUR CHILD
SPACE, THEN
CHECK-IN**





PRAISE YOUR CHILD'S BEHAVIOR AND EFFORTS

Encourage your child to be proactive about seeking help

- ❑ Discuss when to comment aloud in class, when to write in the chat, or when to reach out to the teacher separately
- ❑ Encourage your child to contact the teacher himself/herself
- ❑ Model how to email a teacher
- ❑ Help your child determine if he/she needs to to make an appointment with a teacher
- ❑ Encourage your child to “drop in” for office hours
- ❑ Learn how to search for help when you’re “stuck”

Online tools that may be helpful...



- For accessing text:
 - Text to Speech options → Google Read and Write, Microsoft Immersive Reader
 - Audiotexts → BookShare, public library audio downloads, Hoopla
 - Audiotexts allow students to read with their ears
 - Research supports the use of audiotext to enhance comprehension and promote long-term learning
- Math supports:
 - YouTube videos
 - Khan Academy
 - IXL

***Remember to communicate with the teacher or have your child directly contact the teacher if he/she is struggling academically

“TELL ME AND I FORGET,
TEACH ME AND I MAY REMEMBER,
INVOLVE ME AND I LEARN.”

~ BENJAMIN FRANKLIN



Begin and end the day by checking in

In the morning, you might ask:

- What classes do you have today?
- Do you have any tests/quizzes?
- What resources do you need?
- What can I do to help?

After school, you might ask:

- How far did you get with your tasks today?
- What did you discover / learn?
- What was hard today?
- What can we do to make tomorrow better?



YOU CAN'T POUR
FROM AN
Empty
Cup.
TAKE CARE
OF YOURSELF
FIRST.

**TAKE CARE
OF YOU**

**WHAT ARE SOME
OTHER THINGS THAT
HAVE WORKED WELL
IN YOUR HOUSEHOLD?**



THANK YOU!

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