



Online learning can be difficult, but there are ways to make it easier. The most important thing is for parents and children to work together to find their own recipe for success. Below you'll find some ideas for establishing clear guidelines to help your family implement the best, most successful online learning plan.

Learning Space

Creating a comfortable, secure, and happy work environment will make your family's transition to online learning much more successful. Here are some ideas to consider about a learning space at home:

As much as you can...

- Reduce clutter.
- Create a calming environment with few audible and visual distractions.
- Provide healthy snacks and meals.
- Personalize the study space for each student in the household.

Self-Regulation

Self-regulation skills allow us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. In our new online learning environment, that means students need to be able to manage their own education without a teacher in the room. Check out these ideas for building up your child's self regulation skills:

- Establish a routine for the school day (wake up, meals, school, breaks, physical exercise, social interactions, rest, lots of sleep).
- Create a school day schedule - include physical and emotional breaks.
- Set hourly, daily, weekly, and/or monthly goals.
- Find a way to celebrate reaching goals.
- Start a learning journal and make entries about your school experience, tasks to complete, and work accomplished
- Maintain positive interactions with friends and family. Repair relationships with these people when necessary.
- Reach out to teacher(s), counselor, and/or principal for support.

Prompts that will help families and students monitor social, emotional, and academic learning:

- How are you feeling (physically, emotionally)?
- What can I do to support you with _____? - This question applies to social, emotional, and academic situations.
- What tasks will you be working on today?
- Which teachers are you communicating with today?
- What tasks have you completed?
- What do you plan to work on tomorrow?
- Show me what you are recording in your personal learning journal.

