

# Tips for Home Learning

Though home learning success may look different during a time when we are all redefining our roles, remember that we are all in this together! Your children can have successful and positive home learning experiences by following some **simple tips**:



## 1. Establish a routine and schedule.

A predictable daily routine helps create a new normal even when life is different for families. To give your day a predictable rhythm you can:

1. **Create a timed schedule:** Set times for your morning/evening routines in your learning schedule.
2. **Create an order of events:** List your routine in order (first, next, then...).
3. **Co-create a schedule:** Have your children help create the schedule to share control and ownership.

**Tips:** Label it, draw it, post it somewhere obvious, and refer to it often!



## 2. Build in breaks and self-care.

During daily learning activities, build in times for self-care and brain breaks to increase focus and create an optimal brain state.

1. **Self-care:** Take care of yourself and de-stress with deep breathing and stretching. This prepares the brain for learning and turns off the stress response.
2. **Brain breaks:** A brain break is a movement activity that gets the blood flowing. Children should have a 3-minute brain break every 15-20 minutes to maintain focus and to function optimally!

**Brain break ideas:** outside (recess), jumping jacks, run in place, play "Simon Says", do [GoNoodle](#), etc.



## 3. Provide opportunities for success.

Successful learning triggers the brain to release feel-good chemicals like dopamine, serotonin and endorphins. A child who has experienced success has a brain that is better prepared for learning.

1. **Build on strengths:** If children are not having success with their learning, scale back and provide more opportunities where they are likely to succeed. If your child is a math whiz, do more math. If reading is a strength, have them take a break and read.
2. **Start small:** Help create success first, and then move to more challenging material.



## 4. Pivot to a new point of view.

Pivoting is seeking out and focusing on a positive action. We can consciously pivot our minds from what is wrong and into what we would like to see, thus increasing compliance.

1. **Internal pivoting:** We can pivot internally from, "This second step is impossible," to, "I'm going to get more information, so this makes sense."
2. **Verbal pivoting:** We can verbally pivot with children from, "Stop yelling!" to, "Use an inside voice like mine."



## 5. Hit the pause button.

Transitioning from "schooling at school" to "schooling at home" may take a few weeks of adjusting and creating new patterns.

1. **Simplify:** Focus on safety, connection, and having fun together.
2. **Pause:** It is okay to pause if things do not go as planned (i.e. throwing a fit, fidgeting, staring off into space) by pulling back and taking a 20-minute break: snack, free play, movement, etc.
3. **Patience:** Be kind and patient with yourself, your children, loved ones, and the community.