



BEST PRACTICES FOR LEARNING AT HOME

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Continuity of Learning Information



CREATE A ROUTINE

Children do best when routines are in place. Consider having set times for waking up, going to sleep, meals, and other daily activities. Create a written schedule as a visual reminder for managing time and space. This may also be a necessity for families members who are working from home.



TAKE BREAKS

Just as we have recess and other breaks during school, kids at home need breaks too. It's hard for students to work on one assignment after another. Give your child (and yourself!) a break between tasks to do something away from their device. Make sure you are also scheduling some quiet time, especially for younger students.



MONITOR ONLINE ACTIVITY

When students are in school, staff monitors student iPad and laptop use. At home, parents can do the same by periodically checking internet history, email folders, and the camera roll.



LIMIT SCREEN TIME

Technology is necessity right now, but be careful of how much time students are spending on it. Since students will be learning on technology during the day, you may want to limit screen time in the evenings. A passcode on the device can help.



FIND LEARNING IN EVERYDAY ACTIVITIES

Learning is not limited to online! Find ways to create and include your children in everyday learning opportunities. You can teach them household skills, such as cooking, doing a building project, working on cars, gardening, fixing broken objects, etc. Because kids are naturally curious, there are learning opportunities all around them!

CREATE AN AT-HOME LEARNING SPACE THAT IS:

- Quiet, or as removed from distractions as possible
- Structured, free from clutter
- Easily monitored

IDEAS FOR TECHNOLOGY BREAKS

Go on a bike ride or walk

Build something out of legos or blocks

Learn how to make a favorite recipe

Plant seeds from vegetable scraps to start a garden

Build a reading fort

Create a chalk mural on the sidewalk

Learn a new household chore

Write a letter

Find rocks to color or paint

Play a card or board game