

## Preparing for Online Learning

|                                    |   |
|------------------------------------|---|
| <b>Create a Space for Learning</b> | <ul style="list-style-type: none"><li>● Where will learning take place each day?</li><li>● Sit at a desk, table or somewhere that allows them not to lounge.</li><li>● What supplies will they need in this space? (pens, pencils, text books, notebook paper etc.)</li><li>● What will learning look like? Will they shower and prepare for the day before they begin working or will “getting ready” for the day happen mid-morning? Staying on a routine will be extremely important.</li></ul>  |
| <b>Accountability</b>              | <ul style="list-style-type: none"><li>● What classes will be “live” today? What assignments are due and/or need to be completed and turned in?</li><li>● Using a <a href="#">Priority/Things to Do</a> list will help create a plan for each day and reflect at the end of the day to prepare for the next day.</li><li>● Taking time each day to reflect on their progress and holding them accountable for writing things down will benefit everyone.</li></ul>   |
| <b>Time Management</b>             | <ul style="list-style-type: none"><li>● Planning the day and ways to fit in breaks will be necessary.</li><li>● Classes at school are 90 minutes but online learning will take more self-discipline or students will likely procrastinate. Help them stick to the A/B schedule and plan out when they work on assignments and when their teachers will be available for questions.</li><li>● Plan breaks! Allow them to play a game, take a walk, have a snack etc. As long as its written in the plan they are more likely to follow it.</li><li>● Kids might argue about having this structure but the consistency will help them be successful and feel more accomplished each day.</li><li>● Point out their success in following the plan.</li></ul> |
| <b>Distractions</b>                | <ul style="list-style-type: none"><li>● Think about what might get in the way of learning.</li><li>● Involve them in the plan so that they can share what will distract them.</li><li>● Limited access to their phones will keep them more focused. Phones will be a great distraction during breaks!</li><li>● Most kids want to listen to music while they are doing their work. This can actually be a distraction depending on what type of music they listen to. It is always good to limit the time they have their headphones or earbuds.</li></ul>  |

|                 |   |
|-----------------|---|
|                 | <ul style="list-style-type: none"><li>• Are other siblings also learning? How will everyone be respectful and allow for quiet learning space? Setting boundaries might seem harsh but in the end you will appreciate having set them so everyone can learn.</li></ul>   |
| <b>Eating</b>   | <ul style="list-style-type: none"><li>• Set specific times for meals to stay on a schedule. This is a great time to be able to eat together at the table for breakfast, lunch and dinner. Kids can also be a part of the planning, prep and clean up as part of the plan.</li><li>• Make meals fun and involve everyone in the planning.</li><li>• Plan for snacks throughout the day at specific times. It's a habit to grab snacks throughout the day and eat more when snacks are available. By providing times for snacking, kids will not eat too much which also can make them feel tired.</li><li>• Having gum, lemon drops or other small items to munch on will be a deterrent and can help between meals.</li></ul> |
| <b>Routines</b> | <ul style="list-style-type: none"><li>• Research shows that routines and structure help kids be successful</li><li>• Katie Martin's <a href="#">How Families Can Make the Most of School Closures</a> shares a schedule that will help you think through some options.</li><li>• Having a set routine everyday will help with structure and accountability. Adding in house chores or ways that kids can support parents is a great option for breaking up the day and taking time to do other things.</li><li>• Be sure and include times for them to get outside. Have them walk the dog or take a walk around the block for some fresh air.</li></ul>  |