

*QUICK SURVIVAL TIPS FOR  
DISTANCE LEARNING*

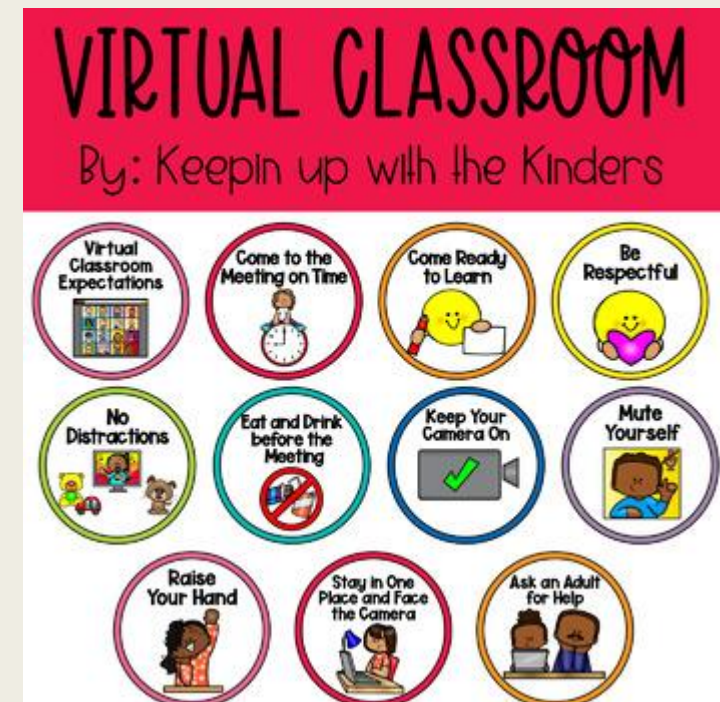


# **FIVE TOP THINGS YOU CAN DO TO HELP DURING DISTANCE LEARNING!!!**

- Clear Expectations/Consistency
- Importance of Schedules
- Relaxed learning space
- Reward System/Token Systems
- Teamwork

# CLEAR EXPECTATIONS

- Create a small number of daily expectations for distance learning at home. Keep it simple for child, focusing on 3 to 4 rules as to not overwhelm them. You can correlate these expectations with school and home.
- Discuss expectations with your child. Do they understand them? Do they know what it looks like?
- Model expectations for your child.
- Make changes that meet the needs of your family.
- Try to stay CONSISTENT!!!
- Post the list of expectations near their work station.



# IMPORTANCE OF SCHEDULES

- Set up a daily schedule and task to be completed throughout the day. Include steps prior to the start of distance learning portion of the day.
- Work with teacher or staff on daily school schedules. When does the class meet for live sessions? When are the small groups?
- Make the schedule consistent. Make the schedule for the whole day or specially during school hours. Always start with the first task of the day.
- Hold your child to the expectations of the schedule and modify if needed.

# *Making a Schedule*

- Simple/Be Creative
- Draw Pictures/Cut out pictures
- Type schedule on the computer
- Add times if needed (Pictures of the clock on when the task starts)
- Balance school, fun, outside time
- Short periods of schoolwork and breaks
- Brain Breaks (Dance, Go Noodle, dance)
- Use timers if needed



# Review the Schedule

- Make the schedule in the morning or at night for the next day
- Review the schedule in the morning with your child
- This will help everyone involved to know what to expect throughout the day



# RELAXED LEARNING SPACE

- Make a dedicated space for learning that includes a table or desk
- This space needs to be clear from any visual/tangible distractions
- Quiet space for learning is IMPORTANT
- A supportive chair is also important if the child is sitting for any length of time. Be flexible however; if the child would prefer to stand at times.



# REWARD SYSTEM/TOKEN SYSTEM

- Offer appropriate reinforcers/rewards to the child for following expected behaviors during online learning
- Come up with a reward that your child would want to work towards earning. We want them to be apart of the success.



Completed Task/Desired Behavior=REWARD




# TOKEN SYSTEM

- Token system help kids stay motivated and on task
- Provide a token after a short period of time when desired behavior is shown.
- Give a token after completing a task or modify task
- Once token chart is filled up, child gets the reward
- Be creative



# TOKEN SYSTEMS













I am working for

--	--	--	--	--

Token Board

I am working for:

 Quiet Voice	 Quiet Hands	 Sit in chair	 Good Listening	=	
--	--	---	---	---	---

				
--	--	--	--	--

# TEAMWORK

- Check in with your child. Ask...How are they doing? How can I help you? What did you learn today?
- We're ALL in this together  
(STUDENTS+PARENTS+TEACHERS=SUCCESS)
- STAY POSITIVE!!!
- We're going to get through this together and we're here to answer any questions.

