

# Tips to Supporting Your Student's Virtual Learning at Home



## 1 Understand the expectations of distance learning

- Screen time considerations for all students
- Connect with your student's teacher(s) often on how to support your student at home

## 2 Establish a flexible learning space

- Move furniture around, be creative
- Set clear expectations and provide structure for learning
- Honor your student's time and space, the same way you do when they are in the physical school setting

## 3 Reduce possible distractions

- Noise and physical clutter
- Other people such as siblings, extended family members
- Household pets

## 4 Find a rhythm

- Create a schedule that highlights your student's strengths and energy level, and works for everyone in the household
- Consider alternating schedules to keep interest up and reduce burnout, for example alternate days for independent learning or completing reading assignments and virtual class time

## 5 Check-in every morning and throughout the day

- Start each morning with a positive greeting
- Ask your student how they are feeling and if there's anything they need
- Encourage your student to reach out to friends and family; physical distancing does not mean social distancing

## 6 Allow frequent brain breaks

- A quick break improves focus and help with information processing
- Young students will need more breaks, while older students will need breaks every 20 to 30 minutes

## 7 Help apply learning to real-life

- Whenever possible ask your student to apply a specific lesson to a current event, family task or responsibility, such as creating a menu or paying the bills

## 8 Provide immediate, positive feedback

- Allow them to work through assignments that may be frustrating and problem-solve on their own, then praise them for sticking with it
- Praise for completing learning tasks can help keep your student motivated and build confidence

## 9 Build in playtime, downtime, and family time

- Play informal sports, games, or other physical activities with your student
- Set time aside for relaxation, reflection, or just let your student be alone to help their physical and emotional health
- Incorporate 20 to 25 minutes a day, 5 days a week for family time to strengthen the sense of connection and belonging with your student

