

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.