



FOSTERING A LEARNING ENVIRONMENT TIPS FOR TIMES AT HOME

Let's Practice:

General Considerations

As we spend more time at home, together, the following tips will help you involve your kids, connect and communicate, and foster a safe, fun, learning environment. Remember, focus on the process, not the end product!

1. Release the color coded schedule. Take it easy. Remember this was decided for you, you don't have a choice so you don't have to do this perfectly (or even WELL someday!)
2. Embrace what you are good at in the home. Cooking, creating, hobbies, reading, cleaning, building things, yard work, money management. Break the project into steps and involve the kids! We can learn and practice a lot in every day activities.
3. Learn together. Don't understand a concept? Figure it out together. Google terms, look on You tube for geometry tutorials. Find new recipes and practice fractions. Use the internet to explore concepts and ask questions. Be curious together.
4. Family meetings! Have kids help decide what the day will look like. If there is ONE consistent thing you do, perhaps it's a morning gathering to make a loose plan. Maybe its an afternoon meeting for a quick wrap up and see how far everyone got? Reflect on what they learned?
5. Focus on executive functioning skills. Planning, critical thinking, time management, negotiation, problem solving. These are important skills and you are a "new class" so you have to learn how to do this together so everyone feels good about how this looks for your family.
6. Model how to handle stress. It's so important to show kids resilience, self care and stress management. Download a meditation app, google a kids yoga class, check for easy "poses" that you can do together and have fun moving.
7. Start a project. Has there been something you have wanted to do together? Grow a small herb garden, paint a fence, reorganize a closet and see what you can recycle, reuse or get rid of?
8. Plan a something to look forward to - a vacation, a trip to grandma's, a favorite restaurant. Have your child explore aspects of budgeting and planning.

Activity : _____

- What are some curiosity questions you can ask?
 - _____
 - _____
 - _____
- Am I **directing** or **involving** my kids in this activity?

Executive Functioning

- What will we need for this activity? _____
- What are the steps?
 - _____
 - _____
 - _____
 - _____

Problem Solving

- What didn't work and why? _____
- Brainstorm ways to gather the needed information
 - _____
 - _____
 - _____
- How did we solve the problem? _____

Motor, Vision, Posture

- What are the fine motor skills needed - grasping, opening, strength?
- How can you encourage two hands working together?
- Vision - can their eyes gather information to solve a problem?
- Can you visually organize the task to help with independence?
- Is their body posturally supported to do the task?

Self-Regulation

- Do they need movement or a break to stay regulated and engaged?
- What emotions are being experienced?
 - _____
 - _____