

8 Practical Tips for Parents and Children for At-Home Learning

ST. JOHN SCHOOL
A PERSONALIZED LEARNING ACADEMY

Ellisville, MO | STJLS.ORG

Enlist Your Children to Create Their Own Schedule

Even with all the resources at your fingertips, guiding children through a productive school day can be overwhelming. Here's the key: enlist your children to create their own schedule with the tasks provided to them by their teachers. It can look different for every family with spreadsheets, dry erase boards or a simple piece of paper.

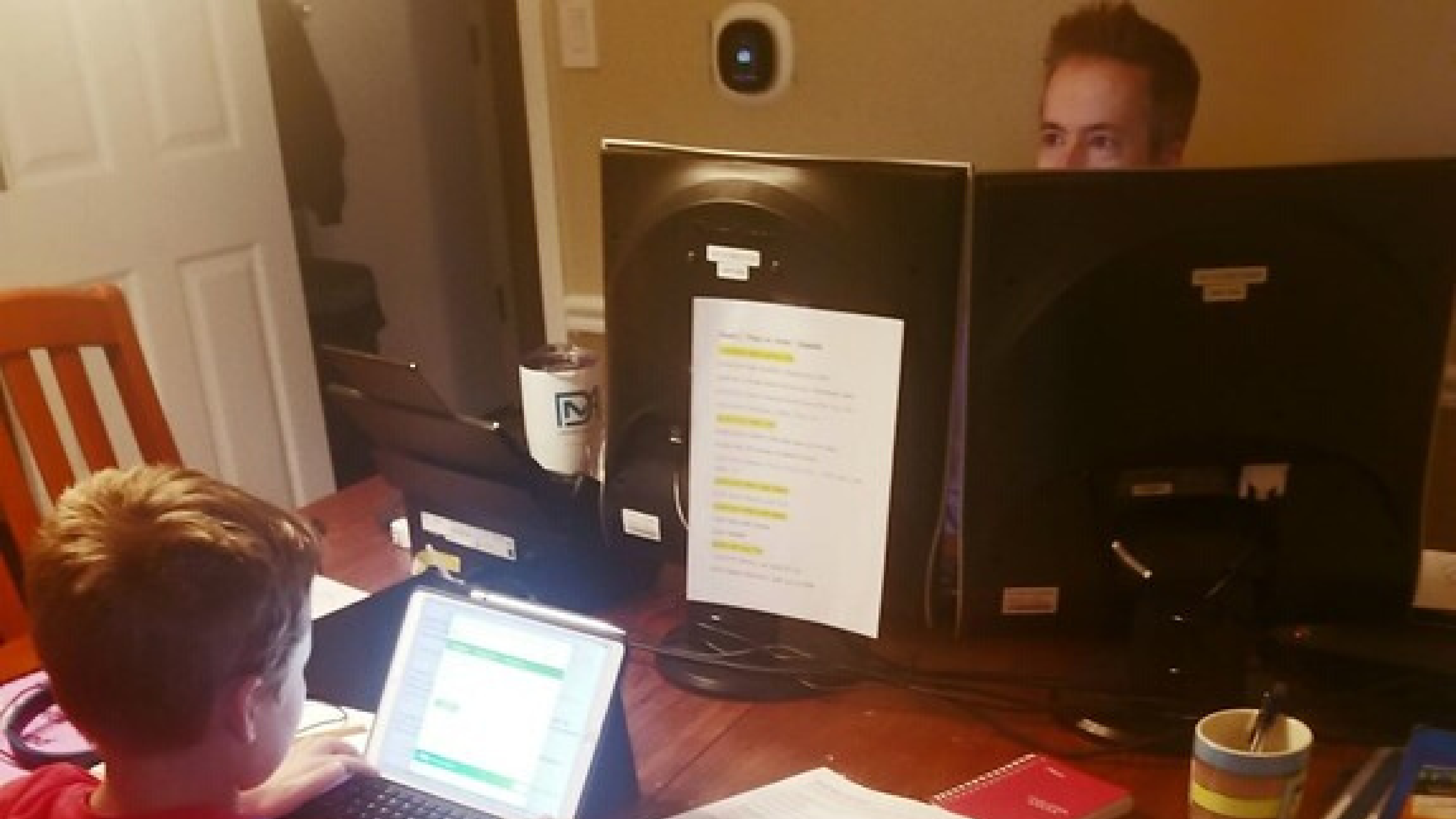
Let it be their schedule by having them own it. Offer the flexibility to set it up with breaks and the option of moving things around if needed (provided they are still completing key activities). Maintaining the same bedtime and wake-up times helps, too.



Coordinate Family Schedules and Set “At-Home Learning” Rules

If adults are also learning to navigate a work-from-home situation, too, you're all in this e-learning and e-working situation together! Make sure to compare adult schedules each morning and evening to ensure someone is available to make lunch, help with technical difficulties and more.

In addition, it's helpful to establish a few household rules or guidelines, such as not yelling in the house during school hours and sticking to your schedules.





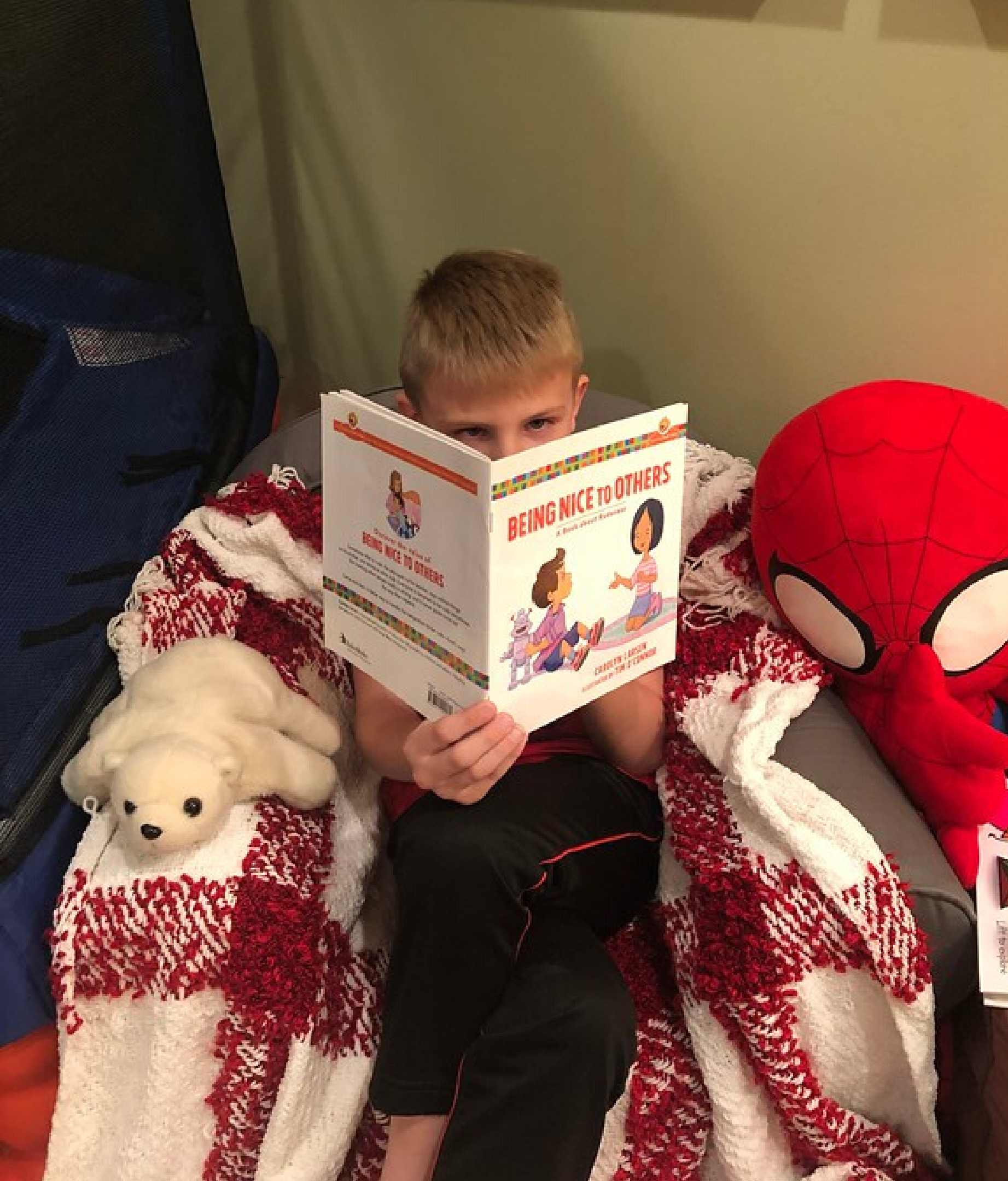


Designate and Enhance Several Learning Spaces Around the House

Set up several learning spaces around the house, such as a reading corner in the basement, a mini table with markers and crayons for art and writing and a separate table for e-learning and Zoom conference calls. When children utilize rotating stations, they keep better schedules and are less likely to become bored. Talk to your child about the workspaces they prefer at school and try to replicate those at home.

At St. John School, we encourage students to work where they feel the most productive. Let your children design their learning spaces, for example, hanging art projects above the art table and stringing mini lights around the reading corner.



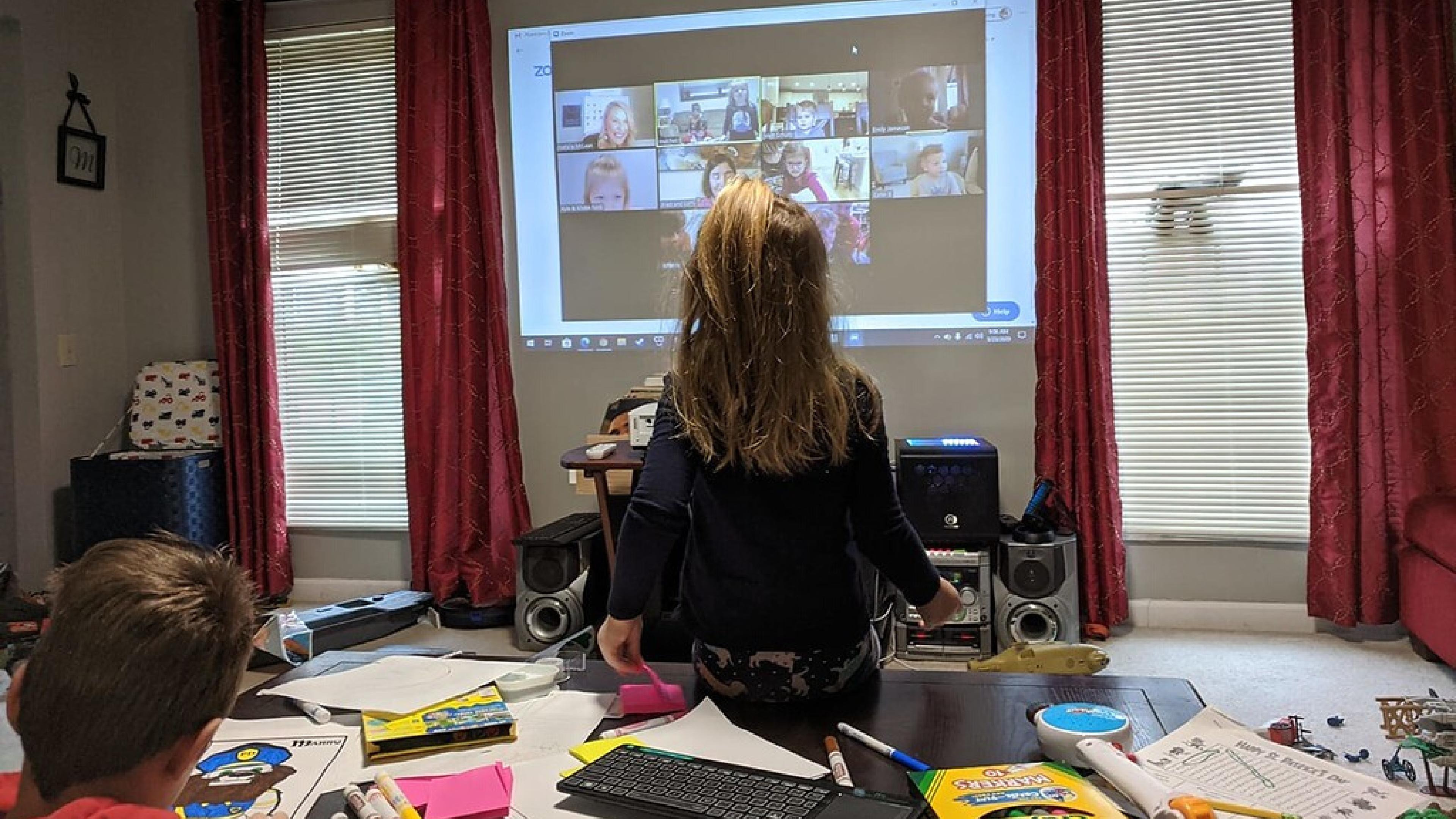




Stay Connected to Classmates

St. John School, as well as many other schools, has utilized Zoom for connecting the whole class, organizing small mini-sessions or talking one-on-one with teachers. Offer your children the opportunity to also connect with their friends at breaks, lunch or recess – and even throughout learning activities.

St. John School's 2nd grade class, for example, connects on Zoom at the end of the day to review what they learned that day.









Stay Connected to Teachers

When students have questions, direct them to their teacher. Through this experience, students can learn how to be effective and proactive with email. They are also learning apps like Seesaw that provide ongoing communication between the teacher, student and parents.

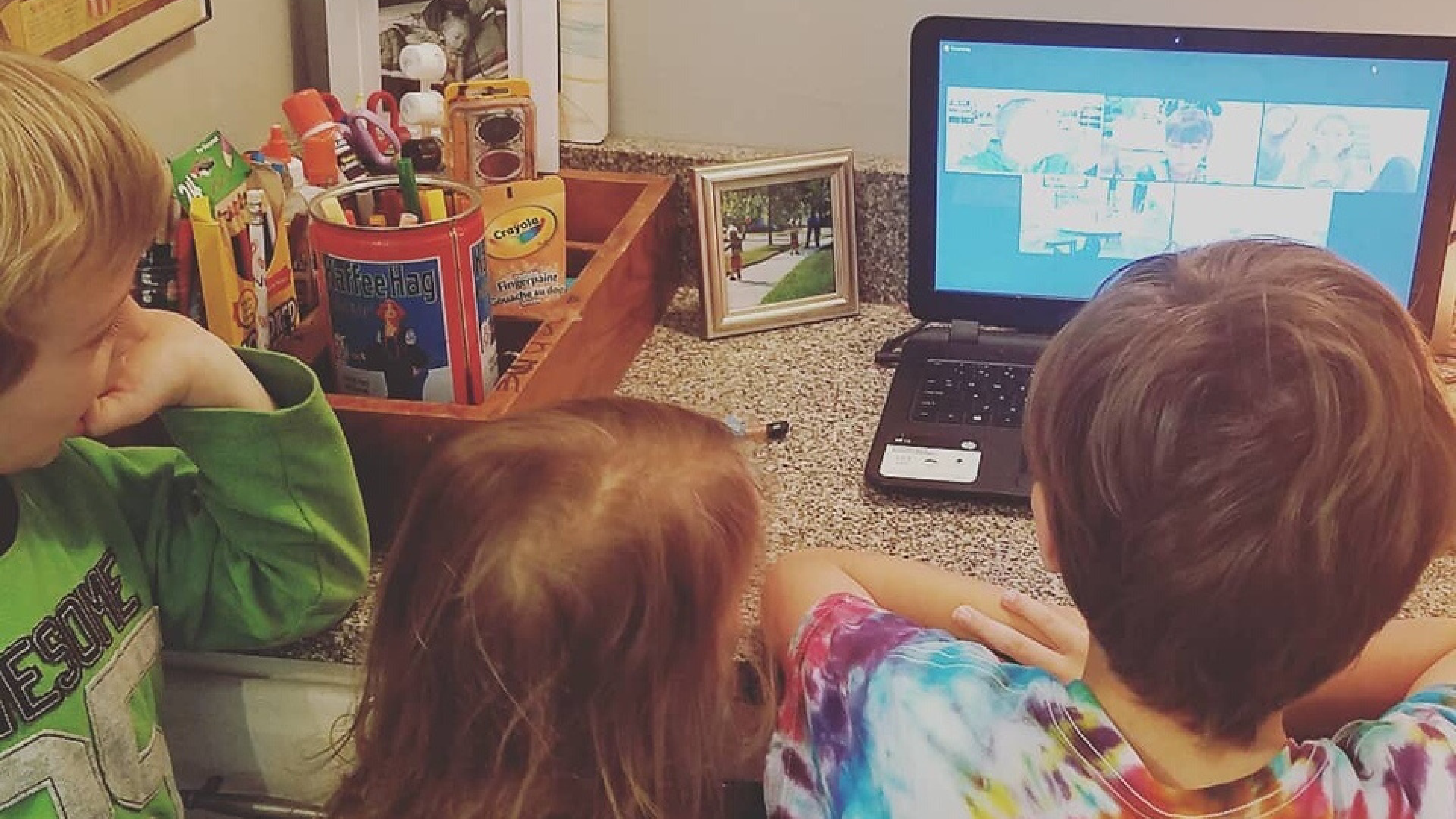






Have Older Family Members Include Younger Family Members

Ask older siblings (or older family members, like cousins) to include younger siblings or family members in their lessons, if possible. For example, if the youngest doesn't have Social Studies, the older family member can read (or Zoom) the lesson to them and become the teacher.



Take Breaks As Needed, Stay Active and Have Fun!

Take breaks as your schedule allows. Older students may be able to complete 50 minutes of work with a 5- to 10-minute break. As they transition to the next activity, stretching, walking around the room or grabbing a drink or snack will help them refocus. Students are used to having breaks at school, and they spend a lot of time moving in general. Many P.E. teachers are now providing daily exercises and games for kids to participate in.

At the end of the day, we are all doing the best that we can. Take time to walk around the block, ride bikes or go on a scavenger hunt together. If you don't get to an assignment or your schedule veers another way, take a break and come back to it later. Your child – and you – are doing just fine and we'll all get through this together!



Theme Your Days

Students are used to theme weeks, where each day has its own unique theme such as superhero day, pajama day, sports day, etc. Coordinate with your child's teacher or classmates to stay connected. It also gives your child something to plan for the next day and look forward to.





