

# Remote Learning Tips For Students and Families

## General Tips

[Tips For Virtual Learning.pdf](#)

## Make a Plan for Remote Learning

1. Have a conversation to discuss routines and expectations.
2. Talk about any questions or concerns.
3. Think about things you can do to build excitement for the start of the year, such as discussing how to make the workspace feel comfortable, getting it ready, etc.

## Establish a Routine

1. Set a time to get up each day and to get ready for school.
2. Follow the same morning routine each day, whether you are learning at home or at school that day.
3. Be ready when school starts. Make sure you are where you need to be and have the materials you need.
4. Have a general plan for after school hours.
5. Make sure to set a bedtime that allows for enough sleep.
6. Follow the same bedtime routine and go to bed at the same time each night.

## Starting Your Day

Follow your morning routine to get ready each day. Things like getting dressed, brushing your hair and teeth, eating breakfast all help set the routine to get you ready for school!

## Choose and Organize Your Workspace

Check out the list and link below for some great tips about how to set up your workspace and stay organized so you can be focused and productive at home.

1. Where do you work best? Think about the following:
  - A. Do you like bright lighting or softer/natural light?
  - B. Do you need to sit at a table to do work or to help with focus? Is there another space that works better?
  - C. Do you work better with little noise, white noise, or some other background noise?
  - D. Do you work better in a room that is warmer or cooler?
2. Find a place in your home where you feel comfortable yet alert with limited distractions.
3. Make sure you have the materials you will need close by (pens, pencils, paper, calculator, book etc).

### [9 Tips for Creating the Perfect Study Space](#)

## **Getting started with schoolwork**

Feeling overwhelmed about your work and where to start? Here are some helpful tips to get you organized:

1. Make a list of everything you need to do.
2. Identify what is most important or needs to be done first.
3. Estimate how much time it will take you to complete each task.
4. Break tasks down into smaller chunks and do the easiest thing first to build momentum.
5. Or do the most difficult thing first to get it out of the way and decrease anxiety!  
Different things work for different people.

### [Tips to Increase Motivation](#)

## **Allow for Movement and Breaks**

1. Consider sitting or standing at your workspace.
2. Consider changing your seat from a chair or the floor if appropriate.
3. Consider use of a small, non distracting fidget while you work.
4. Stretch/move between classes.
5. Move to a different area for lunch.

## **Get Moving**

1. Physical activity in your day increases physical and mental well being. Walk, run, jump rope, dance, play!
2. Spend some time outdoors each day when it is possible to do so safely.

## **Social Connection Resources**

Social distancing is important, yet this may leave many of us struggling to feel connected to others. Check out the list below for some ideas about how to stay socially connected to family and friends during this time of social distancing.

1. Host a virtual gathering with friends/family for quality time (e.g. video chat, group call, etc.)
2. Call, text, email or chat with someone you haven't connected with in a while.
3. Have a virtual Netflix viewing party.
4. Play a board game with people in your living space and/or via video chat.
5. Check in with a friend through text or phone at least once per day.
6. Play video games with friends online.
7. Eat meals together through video chat.
8. Go on a walk while chatting on the phone.
9. Bake while video chatting at the same time.

## **Get Enough Sleep**

The American Academy of Pediatrics recommends that children who are 6-12 years old get 9-12 hours of sleep each night, and children who are 13-18 years old get 8-10 hours of sleep each night.

Following the same routine at night is helpful in getting enough sleep. It may include starting a bedtime routine 30 minutes before you go to bed where you do a relaxing activity, listen to soft music, put away any electronics, etc.

Just like your workspace, you may wish to think about where you sleep and how you will be most comfortable:

1. Do you prefer a dark room or do you prefer to have some soft lighting?
2. Do you like to have silence or some "white noise"?
3. Is the room a comfortable temperature?

## **Reach Out For Help When Needed**

Let your family and teachers know if you have questions or concerns, or if you need help with something. We are here to help and we want you to feel successful!

Remember your team of teachers will be posting guidelines and instructions to access remote learning and to help you during the remote learning time.

The school counselors will continue to offer helpful information and resources to support you during this unique time. We are here to help!