

# TIPS FOR FAMILIES

## Grades 4 to 7

### Learning From Home

#### 1 CREATE A ROUTINE



- Make a routine together with your child
- Plan time for wake up, breakfast & getting dressed
- Schedule start of learning time
- Set breaks for snacks, free time, fresh air & exercise
- Include time to connect with friends (virtually or by phone)

**MAKE IT FUN!**

#### 2 SET UP A LEARNING SPACE



- Choose a space that works best for your family
- There should be good lighting & minimal distraction
- Provide a basket or bin for your child to organize materials
- Access to a computer/tablet or other smart device, if possible
- Record logins and passwords for online learning in one place

**GET SET UP!**

#### 3 MAKE A LEARNING PLAN



- Plan blocks of learning time
- Invite your child to make a daily agenda or 'shape of the day'
- Plan breaks between learning tasks
- Be flexible and patient - ease into it!

**MAKE A PLAN!**

#### 4 HEALTHY LIFESTYLE



- Have healthy snacks accessible throughout the day
- Drink lots of water
- Plan for daily physical activity, inside and outside
- Balance screen-time with offline activities

**TAKE CARE OF YOURSELF!**

#### 5 CONNECT & SUPPORT



- Give your child some responsibility for sharing in household tasks like cooking, laundry & cleaning
- Ask questions, offer choices
- If your child is struggling, contact the teacher
- Talk about emotions and coping strategies - this is a new situation for all
- Stay connected to family and friends (virtually and at home)

**WE ARE IN THIS TOGETHER!**