

TIPS FOR FAMILIES

Grades K to 3

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, playtime & fresh air

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
- Gather tools: pencil, eraser, paper, crayons, etc

GET SET UP!

3 MAKE A LEARNING PLAN



- Plan blocks of learning time
- Let your child choose the order of activities
- Plan breaks between activities
- Be flexible and patient - ease into it!

MAKE A PLAN!

4 HEALTHY LIFESTYLE



- Offer healthy snacks throughout the day
- Drink lots of water
- Plan frequent breaks, inside and outside

TAKE CARE OF YOURSELF!

5 CONNECT & SUPPORT



- Involve your child in household tasks like cooking, laundry & cleaning
- Ask questions, offer choices
- If your child is struggling, contact the teacher
- Talk about feelings - this is a new situation for all

WE ARE IN THIS TOGETHER!