

Remote Learning: Strategies for Success

Supporting Executive Function and a Growth Mindset

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Managing Workspace and Materials

Roundup materials for school and for breaks, and give them a home

- Digital Support
- Traditional School Materials
- Break Basket



Comfort is key

- Screen is at eye level
- Feet are supported
- Materials are within reach





Visual Timers

- Help develop internal clock
- Improve pacing and time management skills
- Clear communicator of expectations
- Make less preferred tasks more tolerable



Managing Time, Priorities and Breaks

- Family Meeting- preview the week and schedule mini-meetings
- Quantity vs. Quality- foster independence and make connections
- Structure your time- the school day **MUST END**



Build your Day (Strategies to Stick With It)

Anchor top priorities to existing routines.

Teach them when to skip something and when to stop working.

Build in a few academic check-ins, and a few non-academic check ins into the schedule for the week. Keep these appointments.

About Screen time...



DO NOT move from highly preferred activity to non-preferred activity.



Save video games, TV etc. until after academic goals for the day have been met.



Whatever boundaries your family sets for passive screen time, stick to it.



The guilt and confusion are normal, but also a waste of energy.



REMEMBER: We are in a slow-moving crisis that will probably keep us all inside after the weather turns, and what our kids need most is consistency and balance.

All the hats: Managing the complex relationship that comes with being the teacher, too

- Communicate clear expectations.
- Praise effort, not outcomes. Praising effort leaves space for open discussion about errors and confusion.
- When the school days ends, it ends.



Troubleshoot and Practice

- Using a calendar and repeating appointments
- Mute / unmute
- TEAMS crashes -- now what?
- Charging and storing
- Unexpected down time
- Home life skills

Three Things Our Kids Need Every Day

- Clear expectations
- Balance of autonomy and support
- Room to struggle and grow

Challenges are always opportunities

- Model the attitude and engagement you want your kids to have toward distance learning
- Set realistic goals and name the challenges
- See the opportunities

I'm here to help!

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