

Tips For Successful At-Home Learning

Working and learning from home is uncharted territory for many of us. Here are some helpful tips for setting up a successful at-home learning experience.

Setting Up A Learning Space



Setting up a designated home learning space will help students focus on their work. Try to find a quiet space with good lighting that has a desk/table. Help your child organize all the necessary materials and supplies for learning (e.g. textbooks, workbooks, technology, pencils, eraser, etc) to create a sense of "going to school". It is best to work in the same location every day.

Creating A Routine

Creating a daily routine helps maintain a sense of consistency and stability. As a family, it's good to set

up a weekday schedule that includes:

- Regular bedtime, wake-up, and meal times
- Getting dressed and ready for school (even though they're at home)
- Time for learning
- Time for breaks
- Daily physical activity
- Daily communication with friends and family

Remember that an at-home learning day may be shorter than a regular school day and that's to be expected. Help your children be balanced including taking movement breaks (e.g. stretch, walk up/down stairs, jumping jacks, deep breaths/mindful pause, etc.). Also, ensure they drink lots of water and eat healthy snacks like they would at school.

Keeping It Positive

No matter the age of your child, show that you're interested in what they're doing. Encourage positive communication and the development of good work habits so they can take pride in their work. Remember to be patient with your child and yourself – this is a new experience and it will take everyone some time to adjust. Your relationship with

your child should stay positive! Struggles and making mistakes are important parts of the learning process. Reach out to the teacher or school counsellor for support of advice if you or your child feels stuck. KEEP IT POSITIVE.

Play is Important For All ages!

It's important that we all have time for play! Having family game nights, working on going for a walk, run, bike rider are all great ways to play and be active together!