

HAPPY, HEALTHY & SAFE

HOME LEARNING FAMILY TIPS DURING COVID-19

Get Moving

Keep your child moving at home like they do at school. Whether it's taking a walk, going for a bike ride, deep breathing together, or having a dance party in the living room, we all need to move it! Join your child to exercise, do a [Go Noodle](#), or even make a video as they would see in a Tik Tok...guaranteed to make you laugh and possibly embarrass your child!

Ask for Help

We are all in this together. If you need assistance with home learning, behavior support, food, school supplies, or anything else, BVSD is here to help. Reach out to your school. If you need immediate mental health support you can call [Colorado Crisis Services](#) at 1-844-493-TALK, or text "TALK" to 38255.

Be Flexible

A schedule is important, but it will not always go according to plan. Trust you are doing your best and that your best is enough. When things go wrong, show your child how to stay calm and solve problems when something unexpected happens.

Find Learning Everywhere

Home learning has unexpectedly created special opportunities for kids to learn life skills at home beyond the classroom. Whether it's changing the oil in the truck, sewing on a button, helping organize receipts to file taxes, or helping cook dinner - all of these things count! You are your child's first and best teacher.

Create a Schedule

A routine creates a calmer home, reduces anxiety, and increases confidence. Make a schedule with your child so they know what to expect. If you praise your child when they work hard, show kindness, and stick to the schedule, they will want to repeat that behavior. See this [link](#) for sample schedules for kids of all ages.



WE WILL CONTINUE TO WORK ALL TOGETHER FOR ALL STUDENTS!

FOR MORE INFORMATION VISIT: [HTTPS://WWW.BVSD.ORG/CURRENT-TOPICS/CORONAVIRUS/HEALTH-AND-WELLNESS](https://www.bvsd.org/current-topics/coronavirus/health-and-wellness)

