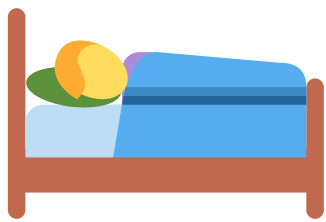


# HOW TO IMPLEMENT VIRTUAL LEARNING

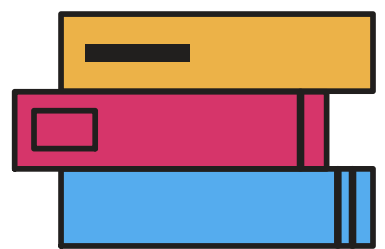
## ROUTINES



Keep routines in place - especially in the morning and evening as these will quickly impact your working routine. Making beds, cleaning teeth and getting dressed are simple tasks that result in immediate success. Plan the week out as a family including meals and down time away from screens. Apply **20-20-20** rule for screen use (for every 20 minutes spent looking at a screen, a person should look at something 20 feet away for 20 seconds)

## WORKING HABITS

Have set times and places where each member of the family is due to work. Get equipment and resources ready before the scheduled time. Try to set up a C3B4me expectation - children try three different ways of finding the answer before asking for help (re-read support material, use resources in the house to work out maths problems). Set a timer for work periods.



## HOLISTIC APPROACH



Ensure you mix up types of learning tasks and schedule a variety of activities during the day. This could include a 30 day yoga challenge, reading, colouring, doing a puzzle. Have healthy snacks prepped and stop working to eat them. Get outside and take a moment to take in the world around you from the movement of the clouds to how many cars are parked in the street.

## BALANCE

Maintain balance between the subjects children devote time too, all subjects are important. Ensure you are not overly ambitious in expectations of yourself and your children. Implement non-screen time before bed and opportunities to connect with people outside the house, for example via Skype or try making and writing a postcard. Share out the house chores and get children to help prepare meals.



## INSPIRE



Virtual Learning is a great time to let children take control of their learning. Let them plan how they approach tasks (the final piece does not have to be perfect) and ask them how they can further develop their thoughts and feed curiosity by asking 'what do you now wonder?' Lots of museums have virtual tours and children can demonstrate their learning through creating word searches, building models, role playing, the list is endless.

## IT'S OKAY

Most parents are anxious about ensuring their children complete all the tasks set. This is a new reality for all of us. Teachers are trying to work out the correct tasks and amount of work to set. Talk to us about any concerns, we understand parents are also juggling their own work, access to devices and are not teachers. Most importantly, virtual learning should not create a stressful home environment,

