

Building Routines and Strategies for Remote Learning

— Balancing School, Work, and Life —
at Home

What we will cover

- where we are now
 - importance of routines
 - building a routine
 - strategies for choosing activities/brain breaks
 - sample schedules with brain breaks
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Let's Unpack This...

- We've been thrown into this role with no real time to prepare
 - Added stress of worldwide crisis, with ever-changing end date in sight and health risks for all
 - Usual supports of family, playdates, income, childcare, have been significantly impacted
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IT FEELS IMPOSSIBLE BECAUSE IT IS!

There is a reason that teaching,
working, and being a stay at
home parent are separate jobs.

— Give yourself some grace and
compassion during this time. —

What we know works:

- We like certainty, predictability
 - Making lists, prioritize essentials
 - Flexible routines, not rigid schedules
 - Finding support within our community
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Daily List

- For parents the bare essentials, what needs to be completed before you can rest at night?
 - This includes concrete subtasks for long term projects, as well as simple items, "Take chicken out of freezer to thaw"
 - Include kids on "must do", maybe sweeping/vacuuming to their favorite songs can be a quick 10 min brain break between schoolwork
 - Let go of what you can, control of task
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Structured or Loose?

- Daily Schedules are unique to your needs and can fall anywhere on the continuum of how structured you want them to be
- Same meal time? Same bed time? List of brain breaks to choose from depending on the time of day?
- Structured by exact time? Lined up with synchronous learning?
 - Having kids collaborate ensures buy in
- Try and use what you already have, or have “wake up by, sleep by” so as not to go too far off typical schedule

Work Motivators

children – and especially younger children – are NATURAL learners. Do you ask your infant, “Would you like to learn to crawl today?,” or does he simply explore the world around himself and have a desire to experience it more?

We know Children and adults are more productive when they are happy. Begin the day with something positive, incorporate self-care routines that make you feel good and keep momentum through your flexible schedule

-when do they work best? What subjects are they strong at?

Where do they need help? Are they more productive in morning or afternoon?

Brain Breaks

- We function better when we take regular breaks throughout the day- USE TIMERS!
- Students take more breaks than just recess and lunch - each subject ends and your brain resets for the next one
- Breaks can be anything that allows your mind to drift away from work you're doing
- Students can brainstorm their own list of breaks, and add them directly into their schedules
 - Include things like, walk to fridge and get out a snack- That counts!
 - BE BORED. Our minds are so used to being stimulated all the time, it is already more challenging for kids to learn this "skill". Now is a great time to practice, and see what your brain can create/invent

Building Routines and Self Care

- 5 senses of self care: See, Touch, Taste, Hear, Smell
 - Choose something for each category to do daily
- 5 types of activities: Fun, Achievement, Social, Service, Physical
 - Can be discussed with pre-teens, same goes for adults. Covered in example schedule
- Build in ALONE TIME for all members of the family
- Build in scheduled time care givers are on duty/off duty.
- Use visuals where appropriate- POST IT MEANS ASK DAD

Incentives for following routines

- Provide choices: Forced choice or open choice (math or science, or any of the brain breaks they chose for a category (so much of our choice has been taken away, giving children a sense of some control)
- Build work stamina, age and type of learner make a difference, set timers each day and try and build on how long they can work independently
- Collaborate schedule, more likely to follow
- Rotate choices for family members to pick activities, give rewards for achievement
- Marble jar, “caught working/being good”, (SPECIFIC LABELED PRAISE, know what to do and do it more), all members of family can participate with each other, parent to parent, sibling to sibling
- Rewards can include bonus recess time, later bedtime, special project time with caregivers, bonus video game time/chats with friends (where appropriate)
- Family rewards and family goals

What would be your ideal?

- During passover break put thought into what ideal situation would look like and how much is possible.
 - Is work flexible, is school work flexible?
 - Can you create ideal schedule
 - Ideal work spaces for family members?
- You have observed home learning for a couple weeks now, when does family do best at working, when do they need breaks? Build routine around your strengths, pad areas that need improvement

What will you look back on?

-This is a moment in history that the whole world is going through. Pandemic is being compared to a World War. Will you remember that the handwriting wasn't the neatest? Or that you got bonus together time as a family and your children had an opportunity to gain some independence? What will our kids remember? HAVE SLEEPOVERS, CAMPOUTS, CRAFT DAYS, BUILD FORTS, SPEND QUALITY TIME

Supports/FINDING BALANCE

- Again can work be changed? School? What are must do's?
- Setup start and end time for the day, and max work time per subject/screentime
- Set up alone time
- Email teachers, set up video calls
- Support circle? Are other parents able to monitor small groups? Can you have a work buddy for your student?
- Lean on partners, but also let go of how things "typically go", or your way of doing things. We are functioning in a state of crisis, things will loo different but **it is temporary**
- Enforce rules to maintain sanity-take away phone, block wifi or sites, etc. I always encourage positive behavior supports, esp right now-what is the chocolate cake?
- 1 WIN PER DAY
- MINDFULNESS
 - NON JUDGEMENT: LET GO OF ONE LAYER, GUILT ASSOCIATED WITH EMOTIONS
 - BE PRESENT,AWARE, NON JUDGEMENTAL ABOUT BEING PRESNT: FOCUS ON NOW, ONE TASK AT A TIME, ONE DAY AT A TIME

| Activity | Example |
|-------------------------|--|
| Consistent wake time | Wake up BY 8:00 am |
| Morning Routine | Dress, brush teeth, healthy breakfast |
| School Activity | Math, English, Science, History, JS, Hebrew, Electives, Synchronous Learning- 30min max each |
| Creative Break | Elective, draw, journal, mixed media nature, playdough, coloring, painting, build something, reorganize/decorate/long term projects, craft, build a fort, origami videos, nature hunt, drawing tutorials |
| Movement Break | Go noodle, family yoga/exercise, walk, gymnastics, dance, PE elective, play sports outside, Stretch, deep breaths, |
| Self Care | 5 senses of self care, meditate, journal, get snack, eat meal, create positive work space, stretch, read a book, SET timers for max time per subject, mindfulness videos, mandala coloring |
| Kindness Breaks | Compliment family member, "catch" working or showing kindness, secret pal, writing notes, checking on neighbor (with note), help setup meal, household chore, connect with friends remotely (text/google hangout/, |
| Evening Family Activity | Family dinner, play game/board game, watch movie, puzzle, bake |
| Evening Routine | Review schedule for following day, shower/bath, read, gratitude thoughts, mindfulness, |

| Activity | Example | Self Care/Brain Break | On Duty |
|-------------------------|--|---|---------------------------------|
| Consistent wake time | Wake up by 8:00 am | Stretch, deep breaths, meditate, | Mom & Dad |
| Morning Routine | Dress, brush teeth, breakfast | Healthy meal, morning playlist, brain ready | Mom & Dad |
| School Activity | English, JS, synchronous learning | PE elective outside | Independent for synchronous/Mom |
| Creative Activity | Painting | Play music, snack | Independent for activity/ Mom |
| School Activity | Math, History, Elective | Help setup/make lunch | Dad |
| Lunch | Sandwich and fruit | Something enjoyable to eat,, get outside | Dad |
| School Activity | Science, Hebrew, synchronous learning, catch up on unfinished work | Personal connection with family member or friend: Call, write, text, google chat, make care package for neighbors | Independent for synchronous/Mom |
| Free Time/Choice Time | Continue work on DIY dollhouse | Organize work space for next morning, read a book, give two compliments to a family member | Independent |
| Dinner | Enchiladas | Cook together as family | Mom & Dad |
| Evening Family Activity | Play game/board game, watch movie, puzzle, bake | Talk about school day/what you're proud of, make family plans and review goals | Mom & Dad |