



Context: Where are we right now?

Pre-Worksheet Reflection Question: where are YOU right now?

Write about any discomfort you have about suddenly being responsible for your child's learning and learning environment. What specifically makes you uncomfortable? Why?

Essence of Education: Setting the Tone for a Home Learning Environment

Boredom may be uncomfortable, but it is ok for kids to feel bored. Boredom is an opportunity for you to empower your students and respect their individuality in ways that will help them become strong, independent, self-managing young adults!

Family Activity - "What to do when you are bored!" Poster Project

1. The key to home learning (and your sanity!) is empowering your children to work independently. This communicates that you respect their abilities and personhood. So empower them. What can THEY do about their boredom?
2. Work with your child to come up with a list of their 10 to 20 most favorite things to do. Again, [tips for holding a family meeting](#), might be helpful here!
3. Make sure the activities are varied. Try for a few things in each of the following categories:
 - a. Games / brain activities / puzzles
 - b. Physical activities (walk, online exercise tutorials, yoga videos, etc.)
 - c. Social activities (phone calls, Zoom lunches, virtual water fights, write letters to loved ones, etc.)
 - d. Passion projects (blog, make a movie, create art, DIY something, write a story, teach yourself to code, etc.)
 - e. Reading time ([Sage Ridge School Suggested Reading Lists by Grade](#))



- f. For littles: creative play, dress up, imaginary play, blocks, etc.
4. Make sure that all these activities can be done as independently as possible. Especially for preschool or elementary students, setting up stations for self-exploration can be very helpful. Most elementary classrooms are set up with ready-to-use stations around the room such as a reading corner, imaginary play area, building area, science toy area, etc. Scale for the age of your children, but making these activities accessible and easy to move between can be a lifesaver and encourages independence.
5. However you organize the activities and space, make the guidelines for use clear. Walk through how to clean up one activity before moving to the next and practice this daily if needed.
6. Create a fun visual poster for these "I'm Bored!" activities. There is a reason classrooms are typically covered in posters! Visual queues are important for learners. For pre-readers, make the poster covered in pictures instead of words.
 - a. If an activity has a time limit - for example, gaming or computer time - put that on the poster as well.
7. Hang the poster (at their eye level, not yours!) in a communal space or where they typically go when they are "bored."

Essence of Education: SEL & College Exploration

Take some time to watch the CASEL videos on the core components of SEL.

[Watch Now.](#)

Suggested Activities for Middle and High School Students:

1. Download the NACAC [College Awareness and Planning](#) for Families, Counselors and Communities PDF.
2. Complete activity #2: What Do You Like? (p. 11) and print out the accompanying handout: My Interests Chart (p. 12).
3. Complete activity #3: Making a Name for Myself (p. 13) and print out the accompanying handout: Career Fact Sheet/Business Card Exercise (p.14)

Approaches to Learning: Metacognition

Parent Reflection & Conversation Starters

1. What exactly do you demonstrate (probably sub-consciously) about how you learn, organize your time, collaborate, communicate, and research?
2. Ask your child, "how do you think I learn best?" What do they say?
3. **Start a conversation with your child about their learning.** Suggested questions: How do you think you learn best? What opportunity in life has taught you the most? What classroom project or lesson has taught you the most? Why do you think those examples taught you more than others? If you want to know something, how do you go about researching it? If you have a big project, how do you go about organizing it?
Allow your child to ask you the same or similar questions and see where the conversation leads.

Approaches to Learning: Montessori as a Model

Family Activity: Set up your house for encouraging curiosity and respecting the independence of your children.

Let them do it! Understanding comes from doing. Respect childrens' independent nature and natural curiosity so they learn through everything they do!

But first, is your household set up for them to easily follow their curiosity?

1. Can your children help themselves to healthy snacks?
2. Can they clean up spills, messes, toys by themselves?
3. Can they cook a meal? Do they know where basic kitchen items are and how to use them?
4. Can they contribute to household decisions?



5. Can they find information they need on their own?

Next, do you talk about their experiences and their curiosity? Ask them:

1. How did this project/attempt/batch/piece compare to the last time you tried this?
2. Were you able to fully solve your problem?
3. Can we share feedback on our projects/attempts/batches/pieces?
4. What happened that you didn't expect?
5. What do you want to do differently next time?

Identifying Passions

If the underlying principle of enriching your child's education is to follow their lead, here are some resources to help you take inventory. YOU know your child. By listening to them, noticing what lights them up, having good conversations with them, and utilizing some simple tools, YOU can figure out the topics that should drive your search for resources and activities.

Resources to Explore:

- If you are not a Sage Ridge student, check our [SCOIR](#) and [YouScience](#). SCOIR is free for the class of 2021 right now (and YouScience is included in it!) and YouScience is a low fee for their career assessment if used outside of SCOIR.
- If you are a Sage Ridge student, [contact Mr. Lamb](#) to learn more about these resources.
- Our Favorite Resources Right Now: [COVID-19 Family Resources Round Up](#)

Post-Webinar Reflection

1. How can you remind yourself of good questions to ask your child to help enhance their learning?
2. What sparks passion and excitement in your child?



3. When was the last time you let your child try something completely on their own, even if they had to figure it out? Even if they made a mess or "failed"? How did you talk about their learning experience? How might you talk about their learning experience?

More to Read/Watch

Articles:

- ["7 Guiding Principles for Parents Teaching From Home"](#) (Edutopia)
- ["How Can Constructivist Learning Be Effective?"](#) (MathGenie Blog)
- ["How to Get Your Kids to Treat You Like Their Teacher"](#) (NYT)

Challenge Success Resources:

- [Raising Well-Balanced Kids](#)
- [Playtime, Downtime, and Family Time with Teens](#) [PDF]
- [Playtime, Downtime, and Family Time with Elementary Age Kids](#) [PDF]
- [Tips To Help Your Preschooler Thrive](#) [PDF]

CASEL Resources:

- [Core SEL Competencies](#) (Videos on Each!)
- [SEL Resource During COVID-19](#)
- [Weekly Webinars and On-Demand Past Webinars](#)

General Resources:

- [Tobin Bechtel's Weekly Head's Note](#), Sage Ridge School News Blog
- [Sage Ridge School Suggested Reading Lists by Grade](#)
- Our Favorite Resources Right Now: [COVID-19 Family Resources Round Up](#)
- [Fun, Calming, and Interactive Activities for Families Amidst COVID-19 School Shutdown](#) [JTNN]

Note: a cumulative resource list will be collected throughout this series and made available at the end.