



STRATEGIES FOR AT HOME LEARNING

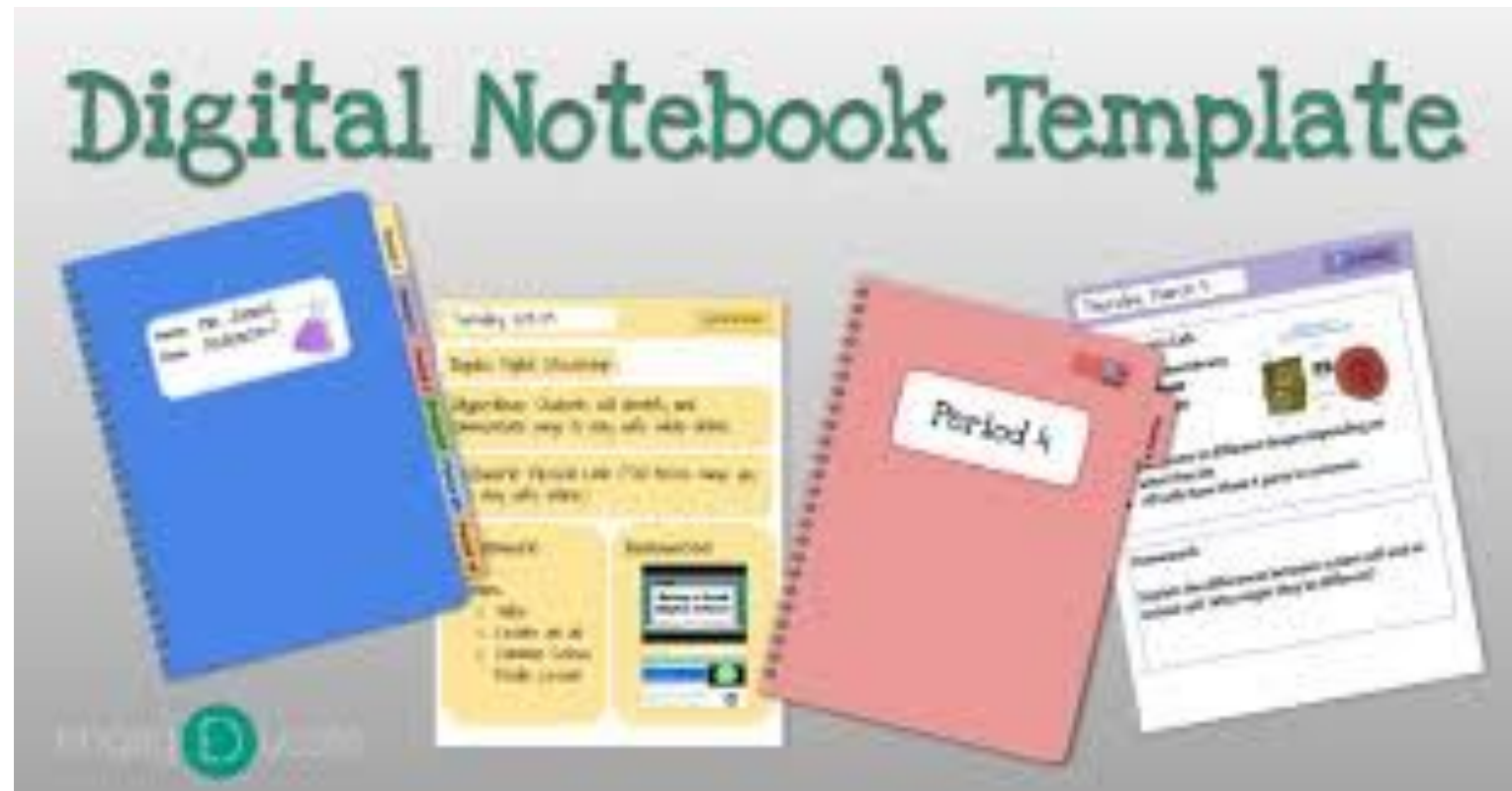
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SELF MONITORING

- The following strategies can be used to teach your child necessary skills that allow them to self monitor and use these strategies independently
- These skills are good fundamental skills to have for both organization and work completion

Tracking Book/ Binder

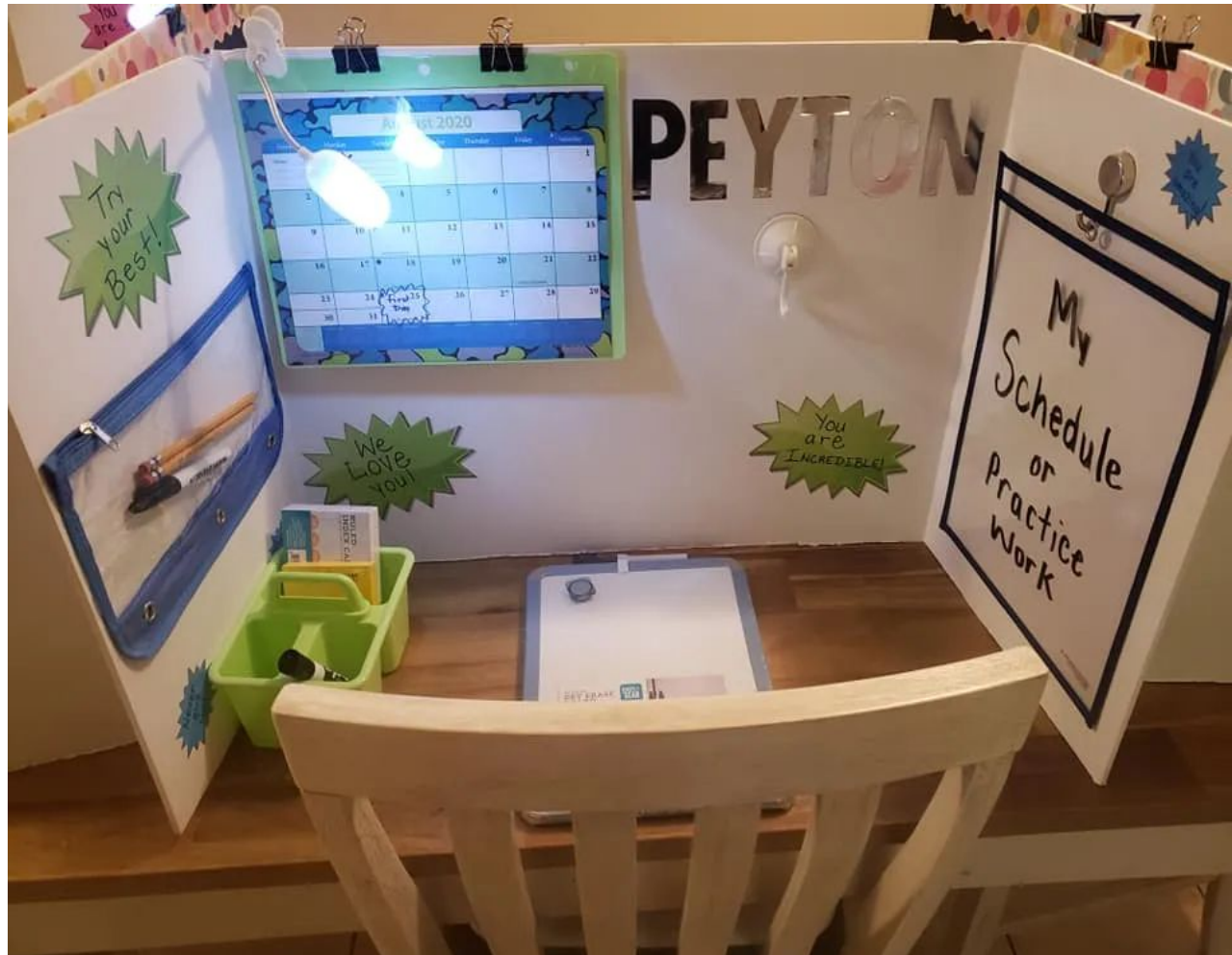




DESIGNATED WORK LOCATIONS

- Find a location in the home that can be associated with with specifically work:
 - Desk in bedroom
 - Section of dining room table
 - Quiet space in basement
- Keep educational materials in this area- only engage in work activities in this area (eating, checking phone should be done in separate area)
- Consider having separate devices for work and leisure time ex: School iPad for work, phone for leisure

Tri- Fold Remote Learning Area





TEACH YOUR CHILD HOW TO MAKE A DAILY SCHEDULE

- At the beginning of each week and/or day, look at the required tasks for each course
- Break up the work into reasonable intervals for work to be completed. Some kids need work broken up into smaller intervals
- Schedule for reinforcing activities between academic work ex: after math, your child watches preferred Netflix show
- We highly suggest making the home schedule as similar to your child's school schedule as possible, even including lunch time/study halls

DAILY ROUTINE

8:00	Breakfast	<input type="checkbox"/>
8:30	Get ready	<input type="checkbox"/>
9:00	Chores	<input type="checkbox"/>
10:00	School Work	<input type="checkbox"/>
11:00	Free Time	<input type="checkbox"/>
12:00	Lunch	<input type="checkbox"/>
1:00	Reading	<input type="checkbox"/>
1:30	School Work	<input type="checkbox"/>
2:00	Snack	<input type="checkbox"/>
3:00	Free Time	<input type="checkbox"/>



Kids Daily Schedule

Thursday

Time	Activity	Done
8am		<input type="checkbox"/>
9am		<input type="checkbox"/>
10am		<input type="checkbox"/>
11am		<input type="checkbox"/>
12pm		<input type="checkbox"/>
1pm		<input type="checkbox"/>
2pm		<input type="checkbox"/>
3pm		<input type="checkbox"/>
4pm		<input type="checkbox"/>
5pm		<input type="checkbox"/>

Monday

Time	Activity	Done
8am		<input type="checkbox"/>
9am		<input type="checkbox"/>
10am		<input type="checkbox"/>
11am		<input type="checkbox"/>
12pm		<input type="checkbox"/>
1pm		<input type="checkbox"/>
2pm		<input type="checkbox"/>
3pm		<input type="checkbox"/>
4pm		<input type="checkbox"/>
5pm		<input type="checkbox"/>

Friday

Time	Activity	Done
8am		<input type="checkbox"/>
9am		<input type="checkbox"/>
10am		<input type="checkbox"/>
11am		<input type="checkbox"/>
12pm		<input type="checkbox"/>
1pm		<input type="checkbox"/>
2pm		<input type="checkbox"/>
3pm		<input type="checkbox"/>
4pm		<input type="checkbox"/>
5pm		<input type="checkbox"/>

Tuesday

Time	Activity	Done
8am		<input type="checkbox"/>
9am		<input type="checkbox"/>
10am		<input type="checkbox"/>
11am		<input type="checkbox"/>
12pm		<input type="checkbox"/>
1pm		<input type="checkbox"/>
2pm		<input type="checkbox"/>
3pm		<input type="checkbox"/>
4pm		<input type="checkbox"/>
5pm		<input type="checkbox"/>

Saturday

Time	Activity	Done
8am		<input type="checkbox"/>
9am		<input type="checkbox"/>
10am		<input type="checkbox"/>
11am		<input type="checkbox"/>
12pm		<input type="checkbox"/>
1pm		<input type="checkbox"/>
2pm		<input type="checkbox"/>
3pm		<input type="checkbox"/>
4pm		<input type="checkbox"/>
5pm		<input type="checkbox"/>

Wednesday

Time	Activity	Done
8am		<input type="checkbox"/>
9am		<input type="checkbox"/>
10am		<input type="checkbox"/>
11am		<input type="checkbox"/>
12pm		<input type="checkbox"/>
1pm		<input type="checkbox"/>
2pm		<input type="checkbox"/>
3pm		<input type="checkbox"/>
4pm		<input type="checkbox"/>
5pm		<input type="checkbox"/>

Sunday

Time	Activity	Done
8am		<input type="checkbox"/>
9am		<input type="checkbox"/>
10am		<input type="checkbox"/>
11am		<input type="checkbox"/>
12pm		<input type="checkbox"/>
1pm		<input type="checkbox"/>
2pm		<input type="checkbox"/>
3pm		<input type="checkbox"/>
4pm		<input type="checkbox"/>
5pm		<input type="checkbox"/>



INCLUDING BREAKS

- Make sure to schedule breaks– pick a time of the day that would be most beneficial to you and your child to complete work (morning, afternoon, evening)
- A break could be scheduled for every 10 minutes, or it could be scheduled in between the completion of one assignment to the next
- Breaks can include access to reinforcement or can be accessed to appropriately escape the task for a pre-determined amount of time

Timers for Breaks



Exercise/ Movement Breaks

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20 Arm Rotations 	8 Straddle Jumps 	12 Standing Toe Touches 
Hold a Sit & Reach for 15 Seconds 	10 Curl Ups 	15 Sec. Butterfly Stretch 
10 Push Ups 	Hold a Plank for 15 Seconds 	15 Mountain Climbers 

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YouTube



LIMIT ACCESS TO REINFORCEMENT DURING WORK TIME

- The work area your child is working in should not have distractions (TV, computer, preferred items, food)
- When these preferred items are in the work environment and freely available to the student, it decreases that items value as a reinforcer for completing work

Utilizing Question Cards





REINFORCEMENT FOR WORK COMPLETION

- After limiting access to these preferred distractions- access can be granted to these items based upon a predetermined amount of work completed
- It may be possible to set up a behavior contract for work completion
- Control the reinforcers- consider taking the TV remote so your child is not tempted to watch TV when they need to be completing work
- Example: finish math, then have access to the remote for a preferred show



WAYS TO PROMOTE ENGAGEMENT

- During live lessons, stop your child and ask questions related to the lesson, to check for understanding
- Ask questions about the topic they are learning about



GENERAL TIPS

- Programing a bell schedule for the change of subjects/classes (can be used with alarm app on phone)
- Consider having multiple children work in separate work areas
- Encourage use of headphones, to reduce background noise
- Consider using a signal that it is work time (a sign that you can flip that its work time)
- Set up meals-- day before & in the morning. This way it is one less thing you have to put together for the day

Activity Binders/ Schedules



APPS TO ASSIST ONLINE LEARNING

- Resource for making social stories: www.makebeliefscomix.com
- Social story app – *Pictello*
- Visual timer app – *VisTimerFree*
- Schedule following app – *First/Then Visual Schedule*
- *Visual Schedule App –ChoiceWerks*



Q & A