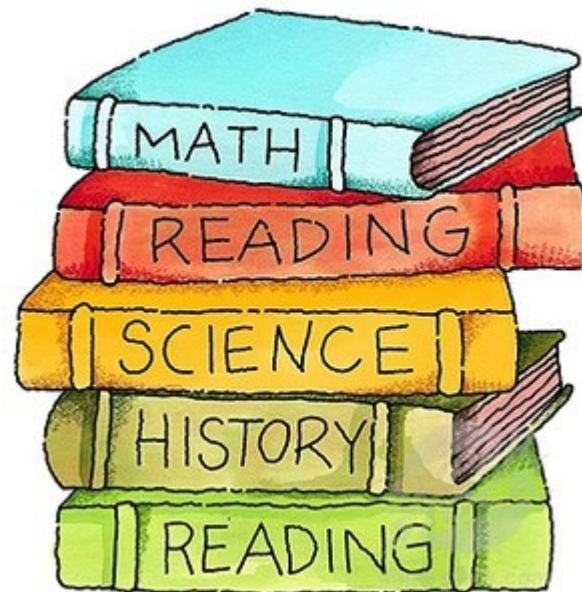


Strategies to Help Your Elementary Aged Child Navigate A School Day At Home



Establish A Schedule Early On

- Attempt to maintain a “typical” school schedule at home, including bedtime, wake-up, meals, etc.
- Create a designated “work” time and “work” space for school-related activities.
- Limit screen time not being used as learning time (e.g., gaming, social media, etc.)
- Have a written or visual schedule.
 - Be flexible with times
 - Stagger academic tasks with movement breaks and time outdoors and preferred activities



Build In Breaks Throughout The Day

- Movement breaks get the brain going! There are a variety of online resources: (e.g., Kids Bop and Body Boogie, etc.)
- Rotate between “work” periods and “free” periods to ease the load, increase motivation, and decrease off task behavior.

BRAIN
BREAKS



Build In Breaks Throughout The Day

- Game Breaks
 - Uno
 - War
 - Trash (a card game)
 - Guess Who
 - Sorry
 - Yahtzee
 - Monopoly Jr.
 - Play rock, paper, scissors

BRAIN
BREAKS



Build In Breaks Throughout The Day

- Quiet Breaks
 - Coloring or drawing
 - Reading
 - Making a bracelet or jewelry
 - Origami (watch video sample on the internet)
 - Making a paper airplane
 - Push pull dangle in a chair
 - Listen to music

BRAIN
BREAKS



Build In Breaks Throughout The Day

- Movement breaks
 - Take a walk
 - Get a drink of water
 - Dance Party
 - Yoga
 - Wall push-ups
 - Sit ups
 - Jumping jacks
 - Toss a ball
 - Stretching

BRAIN
BREAKS



Maintain A Healthy Diet

The temptation to snack when there is very little structure to the day is real! Sadly the best snacks seem to be the unhealthy ones!





- Have lots of healthy options available
- Include water breaks in the schedule (kids naturally do this when they need a break at school) as this will help keep them hydrated and operating at top performance!
- Include the kids when creating the snack/ meal menus for the week. If they pick it they will be more easily persuaded to eat the healthy stuff!



Be Consistent With Behavioral Expectations

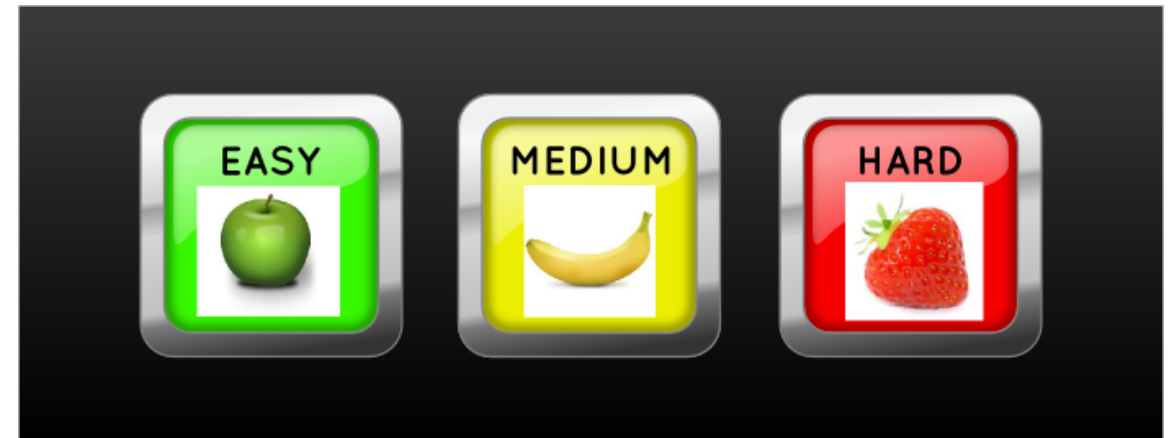
- Create a list of what is expected of your child while at home. This might include helping around the house or with a younger sibling as well as school related activities. Remind them that they have classroom jobs at school besides their academic assignments. These jobs keeps their classroom family running smoothly. It is the same at home! Provide reinforcement when they are successful with these tasks!
- Reinforcement does not have to be tangible! It could be picking out a game for the family to play, a movie to watch, staying up a bit later, or choosing a special desert.
- If you have a plan in place for your child or a whole family plan, try to be consistent during this time. With so many things changing they will welcome the consistency.
- If children are expressing anxiety concerning the current situation, discuss this with them at their appropriate age level, and try to stay fact based as well as reassuring.

Behavioral Expectations

Good choices	Wrong choices
	
	

Start With Easier Tasks Before Asking Them To Do Something Non-preferred

- Once you have some initial momentum, kids are more likely to do what they don't look forward to doing! So try keeping the harder stuff brief and alternate those easier tasks and tasks that are more interesting to them.
- Keep reinforcement higher for difficult tasks and potentially lower during easy tasks.



Develop Signals For Your Attention

There will be times when the kids want your attention and you will be working.

- As a family create a non-verbal signal (A sticky note or a red/green piece of paper on the door) so the kids know when you cannot be disturbed.
- Have a message board or pad of paper where the kids can leave messages that you can address when you are free
- Let them know an approximate time that you will be free.
- Be consistent with your system so the kids know you cannot be available at all times



Links to Audio/Visual Resources for Additional Behavioral Strategies

ABC's of Yoga

- <https://www.youtube.com/watch?v=d9fHbH6FY80#action=share>

Square Breathing

- <https://www.youtube.com/watch?v=YFdZXwE6fRE&feature=youtu.be>

Balloon Breaths

- <https://www.youtube.com/watch?v=2PcCmxEW5WA&feature=youtu.be>

Background music for kids

- <https://www.youtube.com/watch?v=WUXEeAXywCY&feature=youtu.be>

Underwater Music

- <https://www.youtube.com/watch?v=t2UEqBdU7go&feature=youtu.be>

Deep Breaths

- <https://www.youtube.com/watch?v=gLbK0o9Bk7Q&feature=youtu.be>

Mindful Breathing

- <https://watchkin.com/89a34ffded>

Stress Relief

- <https://www.youtube.com/watch?v=HWxAiWo-jWc>



Overall, our children all respond well to consistency as well as positive and encouraging outlooks and support from the adults around them. Educators are available to help during these times, so reach out to your school team if there are questions we might answer.