

# Coping Strategies for Distanced Learning

*With virtual schooling and spending continued time at home, here are some tips to support children and adolescents starting the virtual school year at home:*

- **Create separate space for learning to minimize distractions.** While we are at



home, it is still important that there is a designated area, desk or table space that students can transition to a learning mindset. Students learn best in a dedicated space for learning and completing schoolwork and homework, NOT lying in bed or lounging on the couch where they spend leisure time. Choose a space with as little distractions as possible!

- **Maintain a consistent schedule in and out of the school day.** Though kids are staying at home, this is still the start of the school year. Kids thrive on structure and predictability. A visual or written schedule can be a helpful reminder to students of their class schedule and assignments that need to be completed. Maintain *the same bedtime and morning routine* to ensure your child is getting enough rest to best support them during the virtual school day!



Class Schedule	
8:50 - 9:15	Rise-n-Shine Binder
9:15 - 9:45	Calendar
9:45 - 10:00	Reading Rotations
10:00 - 12:00	Math Rotations
12:05 - 12:45	Recess/Lunch
12:50 - 1:10	Writing
1:10 - 1:40	Science/SS /Health
1:40 - 2:00	Self-help Skills
2:00 - 2:20	Jobs & Social Time
2:25 - 3:15	Specials

- **Lunch and Recess time away from screens.** Kids need to eat healthy lunches to



better learn and pay attention during the school day. Schedule a lunch and recess time that does not include screen time. A screen time break during the day is beneficial for your brain and eyes! Get artsy with chalk on your driveway, walk a pet, ride a bike/ scooter, jump rope, etc!

- **Take structured breaks during the day.** Just like in school, students need walking



or movements breaks between classes. Some students need more movement breaks than others and be creative! Act like an animal, stretch like a superhero, do wall sits or lunges for a couple minutes between virtual classes to make it easier to sit and focus during class time.

- **Set limits around schoolwork completion.** Even with at-home learning, homework is a daily expectation. Continue to set firm limits around rewards afterschool. Limit use of cellphones, tablets, tv time, and outdoor play time until their homework is completed satisfactorily.

