



We are working and learning in unprecedented times.

We know that learning is far more effective when our brains are calm and so our main priority is for you to look after yourself and your family.

Learning at home is going to look very different than learning at school. Students are not likely to maintain the same level of focus and attention that they would at school during normal times.

Try some of these tips to help your family transition from learning at school to learning from home.

1



Reach out.

Stay connected to family and friends while maintaining physical distancing.

2



Go easy on yourself and your kids.

Everyone is trying to adapt to this new reality. Your mental, emotional, physical health, and safety are priorities. Take care of yourself and others around you.

3



Set expectations for new routines.

A predictable routine helps everyone feel in control and safe. With your child and their teacher's input, plan a daily schedule with consistent times for waking up time, academics, exercise, free play, meals and bedtime. Check out the **Elementary Helpful Hints** and/or **Secondary Helpful Hints** for suggested routines for elementary and secondary students.

4



Design your home learning space & name your learning team.

Having a plan and a space for learning from home can ease some of the anxieties around shifting learning to the home. Check out these tips from Delta School District [for designing your home learning space](#) and talk with your child(ren) about who is on their [learning team now](#).



5



Get some exercise.

Nature has a huge impact on reducing stress in both children and adults. Go for a walk or bike ride. If you cannot get outside, have a dance party, do jumping jacks, run on the spot or check out online exercise, dance, yoga videos. Take small brain and movement breaks throughout the day.

7



Set screen-time boundaries.

Set up the amount of time your child can spend on screens each day. Choose some non-technology activities during free time. Make sure you have parental controls set on the device, so children use only approved and appropriate sites.

6



Have some fun!

Children love to learn through play. Play card and board games. Read stories. Tell funny jokes. Make a video. Play. Laugh. Enjoy family meals – whenever possible, cook together, eat together and connect over food.

8



Keep future focused and positive.

This is our reality for now, but it will not be forever



Check out the BC Ministry of Education’s [Keep Learning website](#). This website includes links to suggestions for parents and caregivers to keep children learning at home during the COVID-19 pandemic:

