



Tips for Families on Learning from Home

Learning in unprecedented times.

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

Learning from home is very different from learning at school. It is possible that students may not maintain the same level of focus and attention that they would at school.

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. Plan a daily schedule with consistent times for waking up, learning, exercise, free play, meals and bedtime.



4

Design your home learning space.

Having a plan and a space for learning from home can ease some of the anxieties around shifting learning to the home.

[Follow these tips for designing your home learning.](#)



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 watch [GoNoodle](#).



6

Keep future focused and positive.

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

