

Tips for Successful Learning at Home

Tip #1: Set up a work space

- Have a cleared desk or table space.
 - If you use a shared space, such as the kitchen table, clear off distractions while you're doing learning activities.
- Try to keep a consistent work space each day.
- Gather your materials. Try and keep pencils, paper packets, iPad/charger, and other items all together.
- Checklist for proper sitting position
 - Feet flat on the floor (add a stool, old books/telephone book if they aren't)
 - Table at elbow height (sit on a firm cushion if table is too high)
 - Hips, knees, ankles at 90 degrees
- Some students may do better in different positions such as standing or laying on their tummy propped up on their elbows

Tip #2: Get your brain and body ready before you work:

- Have a plan. What are you going to do?
- Write out 2-3 things you want to get done during your work time.
- Have your child cross them off when done to feel a sense of accomplishment
- Take deep breaths to help focus.

Tip #3: Ideas to stay focused:

- Limit distractions
 - Put toys or other activities out of your work space
 - Turn off the TV or other background noise (or consider wearing headphones)
- Chew gum, eat a crunchy snack, drink from a water bottle or with a straw
- If your child does well with time expectations, set a timer
- Take breaks often
 - *A typical child's attention span is 2 to 3 times their age. For example, for a 5 year old this would be 10-15 minutes and for an 8 year old this would be 16-24 minutes.*

Tip #4: Get up and MOVE!

- Go for a walk
- Bear crawl/crab walk around the living room
- Do a dance or yoga break (check out Cosmic Kids Yoga on youtube)
- Do 10 jumping jacks or 10 cross crawls

Tip #5: Learning should be fun!

- If anyone (parent or student) are getting frustrated take a break!
- Play a board game, go for a walk, tell funny jokes, read a book, PLAY!