

Distance Learning at home is very different and new for everyone.

It might feel weird doing all my school work at home and not seeing all my teachers. My teachers miss seeing me and being able to teach me in class. Distance learning means I will not be at school and I will:



Have a different schedule.



Maybe working on a computer at home.



Be getting assignment from teachers.



Getting help from other adults in my house.

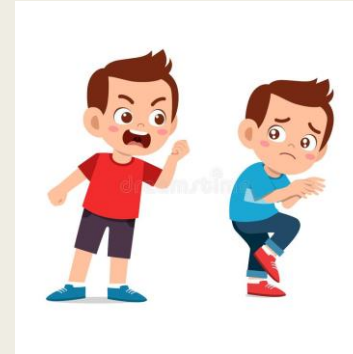
There are cool parts about having school at home.

- I might be able to sleep in later.
- I don't have to worry about missing the bus.
- I can do my school work in my pajamas.
- I can have recess in my own house or yard.
- I will stay health.



There are hard parts about having school at home too!

- I might miss seeing teachers.
- I might miss seeing my friends.
- I might feel bored.
- It might be hard to stay focused on my work.
- It might be hard to get along with everyone in the house.

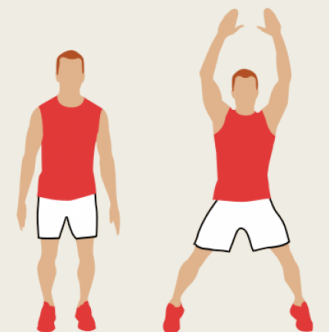
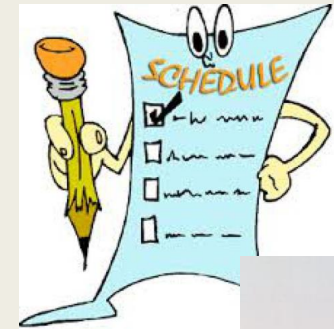


First work then video games.

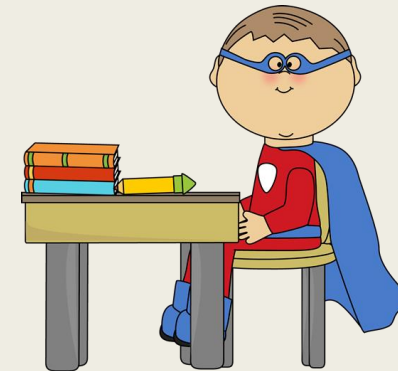
I will need to stay positive and be a flexible thinker so that I can learn at home. When I stay calm I can work with the new plan of learning at home.

I can use tools to help keep me calm and ready to learn.

- I can follow my home schedule.
- I can take brain or movement breaks.
- I can remember to take big belly breaths when I am frustrated.
- I can use positive self talk, “I can do this”.
- I can follow the group plan at my house. (First school work then play.)
- I can make a plan “B” with my parents if something is not working for me.
- I can make sure I get outside to play everyday.



I need to remember that my whole school is learning at home too! We are all in this together.



Doing the assignments is important.

- We are not at school but learning is still happening. It is expected that I do my work and try my best every day.
- There are lots of distractions at home like video games, TV, and my toys. I need to follow my home schedule and do my work with some planned movement, snack, and brain breaks in-between.

First Work



Brain or Movement Break



Work



Brain or Movement Break



I will try my best to do the expected and keep learning. This will keep parents and teachers happy and me too!

