

VIRTUAL SCHOOL TIPS

AND IDEAS FOR FAMILIES



NAVIGATING VIRTUAL SCHOOL CAN BE TRICKY FOR EVERYONE!

HERE ARE SOME STRATEGIES - TRY OUT 2 OR 3!



BACK TO BASICS! HYDRATION, HEALTHY EATING, **MOVEMENT AND** SLEEP.



SET UP A LEARNING SPACE. AIM FOR QUIET AND CLUTTER FREE, WITH SCHOOL **SUPPLIES READY TO**

POST DAILY TASKS ON A TABLET OR WHITEBOARD AND CROSS THEM OUT AS YOU GO ALONG. LET YOUR CHILD BE PART OF THE PROCESS.



MIX IT UP! SWITCH UP YOUR WORK SPACE, **TOYS AND WALKS. TRY** A STABILITY BALL CHAIR OR DIFFERENT VIEW.





POST THE CLASS CALENDAR AND COLOUR CODE **ASSIGNMENTS AND DUE DATES.**





PROVIDE THAT 1:1

CHECK WITH THE SCHOOL TO **SEE WHICH ACCESSIBILITY FEATURES MIGHT HELP YOUR CHILD. SPEECH TO TEXT AND TEXT TO SPEECH ARE TWO OF** MANY OPTIONS.





PROVIDE PLENTY OF EXERCISE. TRY A FEW JUMPING JACKS OR STAIRS DURING BREAKS.

SET A SCHEDULE FOR THE DAY. INCLUDE BRAIN **BREAKS AND REGULAR EXERCISE THROUGHOUT** THE DAY.





YOU DON'T HAVE TO DO IT **ALL! GIVE YOUR CHILD AND YOURSELF PERMISSION TO SKIP** SOMETHING.

ENCOURAGE CONTINUOUS PLAY - ONGOING ART OR BUILDING TOY PROJECTS PROVIDE A CALM AND FUN CHALLENGE.





I. Set limits on watching and reading the news.





. Get some fresh air! Go for a walk or open your windows for a few minutes.



3. Unplug and spend some alone time - children and adults can benefit from some time off line and even a few quiet minutes in your yard or bedroom.



4. Practice gratitude. Life is super challenging right now, but there is a lot to be thankful for. Take a minute each day so say or write one thing that you appreciate.