

E-LEARNING SUPPORTS



Having the most successful e-Learning environment means having some key elements in place in your home. Below are some suggestions for you to make the most of your school day with your student.

- Create a visual schedule, POST-IT UP, and stick with it! This will help you be intentional in planning for the day!
 - Allow your student to have a say in creating this. What do they want to work on first, second, etc. and for how long? (You may have to steer this conversation, but their buy-in will help in their completion of tasks! 😊)
 - Build in break time for both brain-breaks and movement breaks.
 - Feel free to switch it up on occasion, especially based on workload, but try to keep the same time frame and break times.
- Set/use a kitchen timer or alarm:
 - For break times.
 - For work times.
- Keep the start & end time of your day the same.
- Keep the place they “do” school the same, *except when reading—allow a more comfortable spot to read (although still within your view).*
- Make sure their needed supplies (books, worksheets, pencils, etc.) are with them at their workspace.
- Keep a list nearby of questions to ask/email teachers about for clarification on work. They are happy to help!
- Eat breakfast, lunch, and snacks—include protein (eggs, PB/nut butter/cheese/beef jerky, etc.) in all of these!
- Taking a brain or movement break *truly* means an actual break. Have them get up, move, go shoot some baskets, do jumping jacks, or chase the dog. Do something physical! Their brain and bodies need that outlet to keep going! (as does yours! 😊)
- Refrain from using video games or cell phones/social media as a brain break.
- Keep hydrated!
- Stay nearby! There is a greater chance for success if you are available for check-ins and help.
- If technology isn’t needed for the task, remove all cell phones, tablets, and computers from their workspace. This could only add distraction.
- If you are given an assignment that can be done over multiple days, chunk it! Don’t try and do it all at once. Spread it out into manageable pieces.
- Be kind to yourself! This is new (for all of us). This can be overwhelming. Do your best!
- Pray...diligently...continuously!