



Pro Tips for Families and Students

To Support Distance Learning Success

- Recognize, identify, and write down, draw, or verbalize your emotions and feelings and share them with your family. We each handle stress in different ways. Know that it is “normal” to feel a wide range of emotions in stressful times like these.
- When involved in a conversation about emotions and feelings, remember to slow down and take the time to listen for understanding.
- Develop and maintain a “school day schedule”:
 - Have breakfast before class or work each day.
 - Have a specific time each day for schoolwork to be completed.
 - Put your phone away during class or when doing schoolwork.
 - Strive for a consistent routine and bedtime each night.
 - Have a specific place to do your schoolwork and keep a to-do list.
 - Our daily screen time is way up due to online classes and work. Give your nervous system a break and keep phones and other devices out of the bedroom at night.
- Communicate with any/all school staff for additional help. Every teacher, including our learning specialists, is eager to help. If a student is reluctant to contact a teacher, parents should send an email. We will follow up.
- If your student is in Middle School, have a discussion using the [Engagement Rubric Self-Assessment](#). It helps students develop self-awareness and ownership of their learning and can guide a productive family conversation.
- Set up a Google Meet, FaceTime, or Zoom dinner with another family to maintain social connections.
- Stay or get active: take the time to get outside and exercise.
 - Go for walks, runs, or bike rides.
- Build a hobby into each day: reading, puzzles, games, crafts, gardening, etc.
- Reduce the amount of news you consume and severely limit your children’s exposure to the news.
- Above all, be kind and patient with yourself and your family and sleep well.
- If you need anything, please reach out to us. We care and want to help.