



## Learning from home.

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As we return to online learning, it can be helpful to revisit some strategies to help your family through this time.

**Break the day down** into “work times” and “recharge times”. This can be a time to check in with each other to see how your batteries are running. Do you need to recharge before settling back into work?

**Daily checklists and a schedule can** help to create a feeling of success and accomplishment. It may include the set tasks of the day, movement breaks and submitting work at the end of the day.

**New tasks can be difficult.** Use mind maps or create a plan together to help your child get started on new tasks. Explore what is familiar about the task- what do you already know about the task?. What is new or different? Is there anything you don't know how to do? How can we work it out together?

Having a **break during the day** to go for a family walk or backyard picnic can be a nice way to reset and recharge.

**Providing a comfortable workspace for learning.** Your OT can help you provide a space where your child can sit comfortably and focus on their work. Sometimes, this can be as simple as a box under your child's feet to help them sit up straight.

**Move your Body.** Movement helps us to refocus attention, discharge stress and refresh the mind. Indoors activities can involve yoga, Simon Says, Twister or dancing. Outdoors movement may be walking, bike riding, ball games, hopscotch or skipping rope games.

**Self-Compassion.** Learning online is different for everyone and can be more challenging than learning at school. It is important that you acknowledge that you are doing the best you can. At the end of each day, try to think of something that you are proud of – did you get started by yourself today? Find the answer to a question? Did you remember to submit your work? Or did you simply make it to the end of another the day?

**What went well today?** At the end of each day, look at what worked well for your family. This is a chance to review the strategies above. Everyone can contribute their thoughts and feelings about the day. You can write or draw on pieces of paper and put them up on a wall.

**What challenge arose?** After looking at what went well, some of the challenges may have also come up. You can write or draw a plan of what you could do next time to help things feel more comfortable.

If you would like some support from your OT to negotiate a work schedule with you and your child,