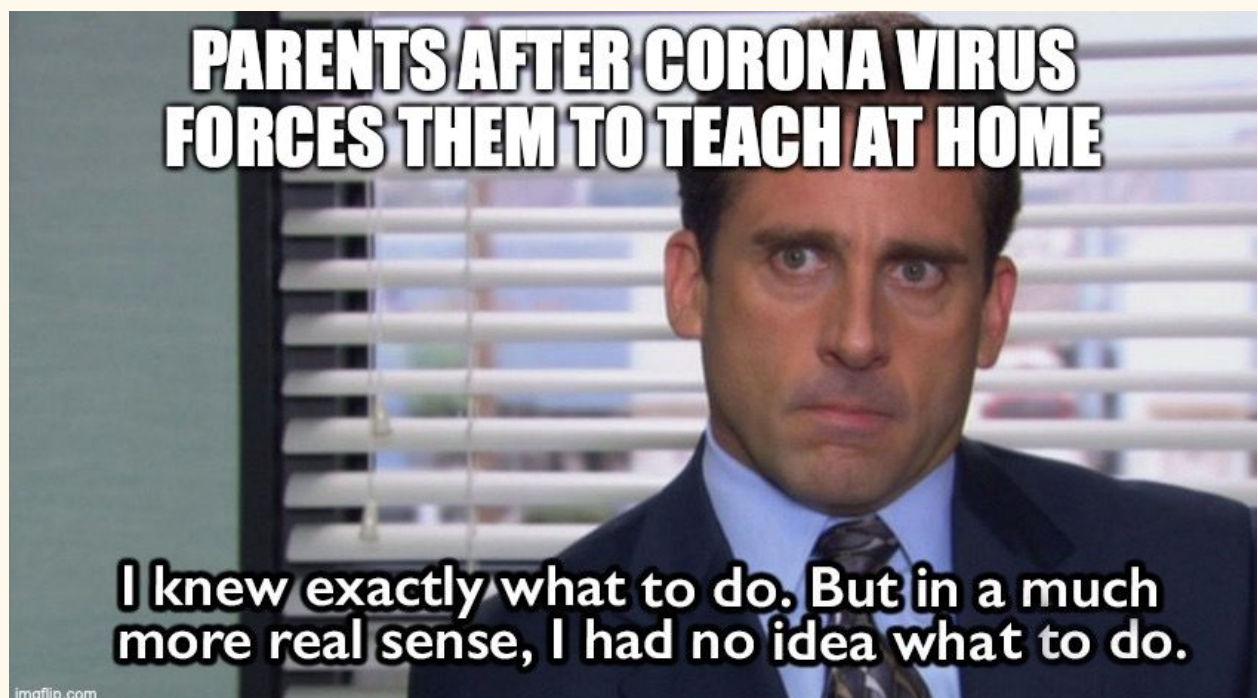




Skills for @ Home Learning
What we've learned so far...



INTRODUCTION

We are the Behavior Response Team and we serve Pasadena ISD as a student and staff support in the areas of Social and Emotional Learning and Mental Health. Our team has been working hard to collect and share resources to make sure all our students and YOU have a peaceful learning experience!

There are a lot of tips, techniques, and strategies out there, and our team is dedicated to finding and regularly sharing the best and most relevant ones for you. **The primary topic for this issue is Schedules**, but I'd like to start by giving you my family's first hand perspective where 2 educators (myself and my wife who is a HS English teacher) are providing lessons, and helping our 2 children (2nd and 9th grade) complete theirs. Our family represents 3 different school districts, so we've seen several approaches to how teachers are providing learning opportunities, and how well that's working.

5 Main Things We Have Learned So Far (in no particular order)...

1. Go, go, go is not necessary. Create a balanced schedule, and be flexible. Home school hours do not and should not be equal to regular school hours.
2. Find time for fun! The best teachers know when a little laughter is needed. I took a 30 minute break in the middle of making this to have a water hose fight with my 2nd grader!
3. Expect adjustment struggles. It's not just learning how to navigate these create it as we go home learning formats, but be mindful of the fact that your kids are used to the home being a place where they get a break from school, so their behaviors may take awhile to catch up.
4. Wrap your head around the day's plan yourself, that way you can communicate and facilitate it effectively to your children. The days we spend trying to figure it out on the spot are the days when more reluctant behaviors occur.
5. Communicate! Check in on your kids emotional level and be honest about yours. Talk through problems and find solutions together!

Schedule Planning for Student's During At-Home Learning

In the current state of events with new national and local health developments daily, along with continued uncertainty surrounding what lies ahead, parents at home are charged with taking the lead in all areas of their child's development. For most, following some type of daily schedule or routine is helpful in building some structure and predictability.

If you are developing a schedule for your children to follow at home, first and foremost, it's highly encouraged to not get too stressed out about academics. Stress depletes the immune system and a frustrated household may breed more conflict than peace during this time.

Consider including some of the following aspects when creating a daily schedule for your child:

- **Co-create a schedule with your child to obtain more buy in**
- **Short spurts of academic work – appropriate to their developmental level**
- **Lots of movement breaks**
- **Guided relaxation breaks (see links for ideas below)**
- **Creative time**
- **Outdoor and unstructured play**
- **Post your schedule in a visible area**
- **Attempt to remain consistent but flexible**
- **Unscheduled family fun time and establish or revisit any rituals**

<https://www.wholechildcounseling.com/post/how-to-plan-your-kid-s-schedules-during-school-closures?fbclid=IwAR2DiSLB1q6clDdGbgSDCWuvUxCxN98Q3-Gw9Jj8jdFUouBgTPUOW1CsS8>

Planning Kids Daily Schedules; Daily Schedule

Guided Relaxation Break Ideas:

- [Go Noodle Flow](#)
- [Insight Timer](#)
- [Calm Classroom Guided Meditations](#)
- [CHOC Guided Imagery](#)

Sample At Home School Schedule	
Elementary	Secondary
Before 9 am: Watch TV, eat breakfast, brush hair/teeth; TV/electronics off at 9 am	
9-9:30 am: Reading Activities: Starfall, Istation, Silent Reading	9-9:30 am: Task Organization, Check/Respond to Emails, Plan for Day
9:30-10 am: Brain Break	9:30-10 am: Walk or jog around block/exercise
10-10:30 am: Quiet time: Workbook, school assignment, or snack	10-10:30 am: Academic work
10:30-11 am: Indoor/outdoor break	10:30-11 am: Indoor/outdoor break
11-11:30 am: Assigned Academic Work	11-12 pm: Academic work
11:30-12 pm: Creative time: build, draw, paint, music, dance	
12 - 1 pm: Lunch and clean up	
1 - 1:30 pm: Math Activities: Waterford, Cool Math, Flashcards	1 - 1:30 pm: Finish Up Independent Work
1:30 – 1:45 pm: Guided Relaxation Break: Apps, Online Videos, Yoga Practice, Music, etc	1:30 – 1:45 pm: Guided Relaxation Break: Apps, Online Videos, Yoga Practice, Music, etc
1:45 – 2:15 pm: Wrap Up Academic Tasks	1:45 – 2:15 pm: Wrap Up Academic Tasks
2:15 – 3 pm: Specials Time: Monday & Tuesday – PE Activities, Wednesday – Art, Thursday – Music, Friday - Computers	
3 pm and on: Free time and Social time (connect with friends and family), play games, watch TV, creative time, outdoor activities, do what you want	
8 or 9 pm: Maintain a consistent bedtime	10 pm: Maintain a consistent bedtime

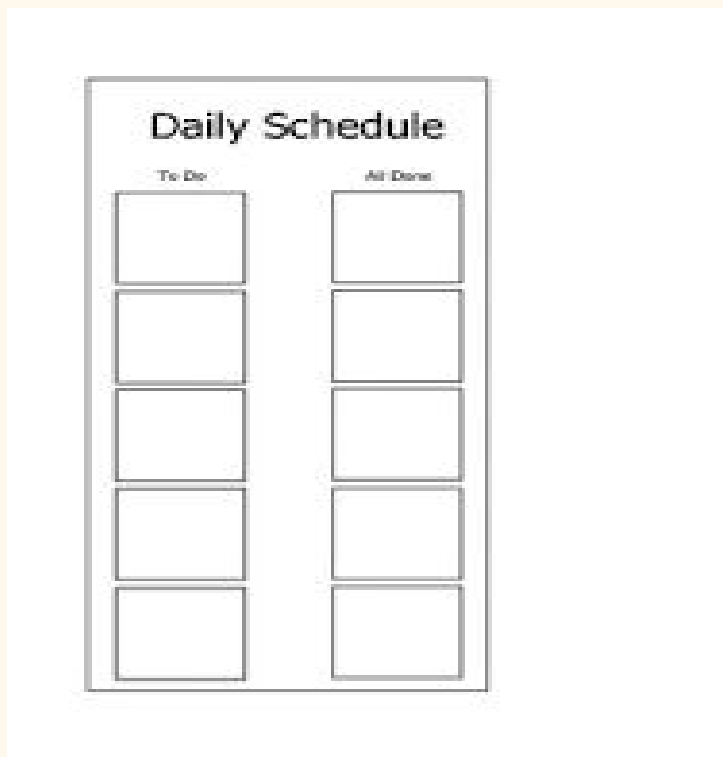
Here is another way to make a schedule for your child. It can be used as a token system (a system where activities or behaviors are completed in return for a preferred activity or item. For example when my student completes the list, she earns time on her tablet.) or just to keep track of activities completed. Feel free to make it yours by adding pictures from real life or changing activities to fit your child and home’s needs. You can also add a reward or privilege after however many completed activities or behaviors you want.

There are a lot of examples of visual schedules on Pinterest and free templates at Teachers Pay Teachers. Just search: visual daily schedule or visual token system.

Remember that this is all new for everyone so there is no “perfect” way to do anything. Find what works for your family.

Here is a helpful link :

<https://legaldbol.com/visual-schedule-template-pdf/91-free-visual-schedule-template-pdf-now-with-visual-schedule-template-pdf/>



TODAY,

will...

INITIALS: _____

DATE: _____



A New Day Can Bring Fresh Challenges... *its ok to adjust the schedule*

Those of us on our team with children at home have already encountered multiple occasions where a schedule change was necessary. Sometimes a change of plans is needed when unexpected events like an important phone call comes in, or when our mental states are fragile, such as when frustrations run high, and it is more hurtful than helpful to persist. Make the best decision for your family.

It is important to all of us at Pasadena ISD that you get the help you need and communication is vital. Please make sure to:

- Check the district and your child's campus website/Facebook page daily
- Reach out to your child's teacher(s), counselor, assistant principal or principal with issues you are struggling with or questions you have.