

# How Parents And Caregivers Can Help Their Children While Managing Remote Learning



# INSTRUCTIONAL CONTINUITY FOR ACADEMIC NEEDS (SCS ICAN)



- Goal:
  - To provide continuous learning for **all** students remotely during this pandemic which has affected every aspect of our lives.



# 6 WAYS TO KEEP YOUR CHILDREN ENGAGED IN REMOTE LEARNING

- Recommended time for Remote Learning lessons
  - Elementary
  - Middle School
    - 30 minutes per subject ELA, Math, Science, and Social Studies (Total 2 hours)
    - + 45 minutes per week of i-Ready Reading and 45 minutes per week of i-Ready Math
    - 30 minutes per week for Encore classes
  - High School



# KEEPING A SENSE OF NORMALCY AND ROUTINE

- Keep students on a similar schedule as they had while going to school.
- Keep a similar sleeping schedule
- Encourage break times for snacks, exercise and/or fresh air
- Set limits on device usage.
- Don't let your children treat this as a vacation. It's important to remind them that their education still comes first.



30 At-Home Brain Breaks		
5 minute break	15 minute break	30 minute break
View <a href="#">GoNoodle</a> Videos on YouTube	Sidewalk Chalk	Play Outside
Jump Rope	Watercolor Painting	Bake a Special Sweet Treat (with an Adult)
Play-Doh Sculptures	Play Outside	Play with Your Favorite Toys
Color a Picture	Ride a Bike	Make a Fort out of Sheets and Pillows
Dance Party to your Favorite Song	Play Hide and Seek with Your Sibling	Play a Card Game (Go Fish! Old Maid, etc.)
Sing your Favorite Song and Make up Silly Dance Moves	Build a LEGO Sculpture	Play a Board Game with Your Sibling(s) or parent(s)
Kid's Yoga YouTube Video	Read your Favorite Book	Create and Complete a Nature Scavenger Hunt
Do 5 Different Exercises for One-Minute Each	Strength Challenge: Planks, Push-ups, Sit-ups, etc	Make a Craft from Recycled Materials
Build a Paper Airplane and Fly It Down the Hall or Outside	Take Pictures of Nature in Your Front and Back Yard	Make an Obstacle Course with Simple Toys and Complete It
Look at Your Favorite Picture Book	Take Turns Telling Silly Jokes with Your Sibling(s) or Parent(s)	Play Dress Up

# TAKE A BREAK!

## ELEMENTARY SECTION



# HELP STUDENTS OWN THEIR LEARNING

- You are not expected to be full-time teachers or to be content matter experts.
- Provide support and encouragement and expect your children to do their part.
- Just as in school, struggling is allowed and encouraged.
- Stay positive and remember they will make mistakes. They are learning!
- Don't help too much!
- It's ok if your child doesn't finish something. If they need extra support, teachers, aides, and support staff can help.
- Praise your child for their efforts. It's one of the greatest motivators!
- It is hard to remain upbeat during this global crisis but, focusing on the good work your children are doing helps everyone feel better.



# DO DAILY CHECK-INS

In the morning you might ask:

Do you know what your assignments are today?

Do you have the materials you need?

What can I do to help you stay on task?

At the end of the day you might ask:

Were you able to finish your assigned tasks today?

What additional help do you need?

What was the best part of your learning?

What could we do to make tomorrow even better?



# STAY IN TOUCH

- Teachers are communicating regularly through online platforms and virtual learning environments.
- They are making phone calls to students/families.
- Make sure you know how to find the help your children need to be successful.
- Stay in contact with classroom and support teachers, school leaders and counsellors.
- If you have concerns, let someone know.





# TURN OFF THE NEWS AND ENJOY FAMILY TIME

Limit the news which can be scary, especially for young children.

Remind your children they are safe, and that life will get back to normal.

Ask them how they are feeling.

Suggest they draw or write about it too.

Play cards or board games, cook together, make up songs and dances, watch a funny movie together.



## SOCIAL-EMOTIONAL LEARNING THROUGH INNER EXPLORER K-12



Our partners at Inner Explorer have developed a daily mindfulness app for families, which is an extension of the program used in more than 30,000 classrooms, including many in Sarasota County. You can [download the app](#) at no cost, thanks to the generosity of several foundations including, Charles & Margery Barancik Foundation and Community Foundation of Sarasota County.

Students (and families) can participate in the daily mindfulness practices to:

- **Reduce Stress:** Guided breathing and relaxation exercises are easy to do and replace fight or flight responses with calm.
- **Boost Immune System:** Regular practice enhances health and wellbeing (even improves sleep quality).
- **Improve Learning:** With many students working online and at-home, daily use helps kids focus on learning.
- **Foster Resiliency:** Teaches children tools to handle challenges with greater clarity and confidence, skills that will last a lifetime.

**Inner Explorer's** 5-10 minute audio-guided program (in English and Spanish) is easy to use. Mindfulness is most effective when practiced daily. **(Remember: Daily mindfulness practice is to brain health what daily teeth-brushing is to dental health).** The app will help kids and families practice at home to create calm and focus during these challenging times.

To access Inner Explorer you can also click the link below, pull their school from a drop-down menu and complete the sign-up process.

[https://www.innerexplorer.org/compass/sarasota\\_onboarding](https://www.innerexplorer.org/compass/sarasota_onboarding)

# SOCIAL-EMOTIONAL LEARNING AT HOME





I CAN...  
YOU CAN...  
WE CAN!

# THANK YOU!

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Resources:

<https://www.theladders.com/career-advice/tips-for-parents-online-learning-with-children>

<https://go.edmodo.com/tips-and-resources-for-parents-to-support-learning-at-home/>

<https://www.childrenandscreens.com/media/press-releases/covid-19-and-at-home-learning/>



