

# Six Work/Learn-At-Home Tips for Students/Families

These tips may help you and your students learn and work from home more easily during this time of social distancing...

## 1. Have a Positive Attitude

Approach this as a team working together with each person doing his/her part. It will be tough, but you can do it! A positive attitude goes a long way toward reducing stress and building family time. We are all on this journey together, get creative and do your best.

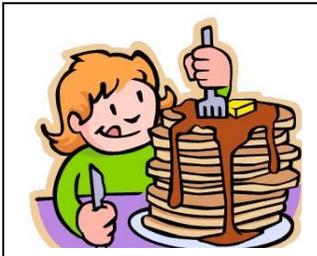


## 2. Make a Plan

Sit down together and make a schedule. Ask your teachers/providers for appointment information and plug it into a schedule. Then decide when you will be doing your school of work...do you work better in the morning or afternoon or evening? Don't forget time for exercise/play and chores. Make a list of or highlight the most important things to be done each day and **do them**. Try to keep as close to school as possible.

## 3. Be Flexible

Don't forget try to keep as close to school as possible and be flexible. It is okay when things are not going as planned. Remember, bad days happen so take a deep breath, relax and maybe go for a walk; listen to some music. Find new ways of celebrating and making memories.

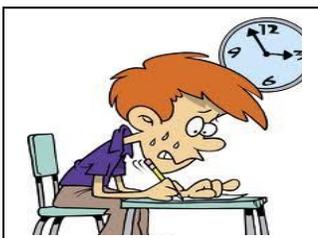
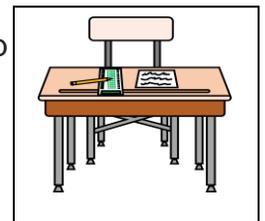


## 4. Take Care of Yourself

Eat healthy meals or limit junk food to one meal. Get plenty of rest. Take breaks before you become frustrated. Don't forget to make time for exercise and play. Find creative ways to connect and relax away from technology. Use humor! Read a good book! Laugh! Tell jokes!

## 5. Establish a Work Schedule and Space

Before you begin, make sure you have everything you'll need – work sheets, scrap paper, extra pencils and use a timer. Work for a specific period of time, and then take a break: for example, work for 20 minutes then take a 5-10 minute break.



## 6. Manage Your Emotions

We ALL experience strong emotions (anger, fear, sadness, frustration, anxiety) at one time or another. This time of social distancing is causing some of us to experience those emotions more often and strongly. We need to manage those emotions by finding coping strategies (breathing, counting, talking to someone, taking a break, etc.) that work for us. Focus on what we need to do, what we can change then do our best. Relax!