



Keep Me Sane

Keep Them Learning

Lindsey Roberts for Washington Post

Relax



De-School

Reconnecting
as a Family

Relax

Create Your Own Environment

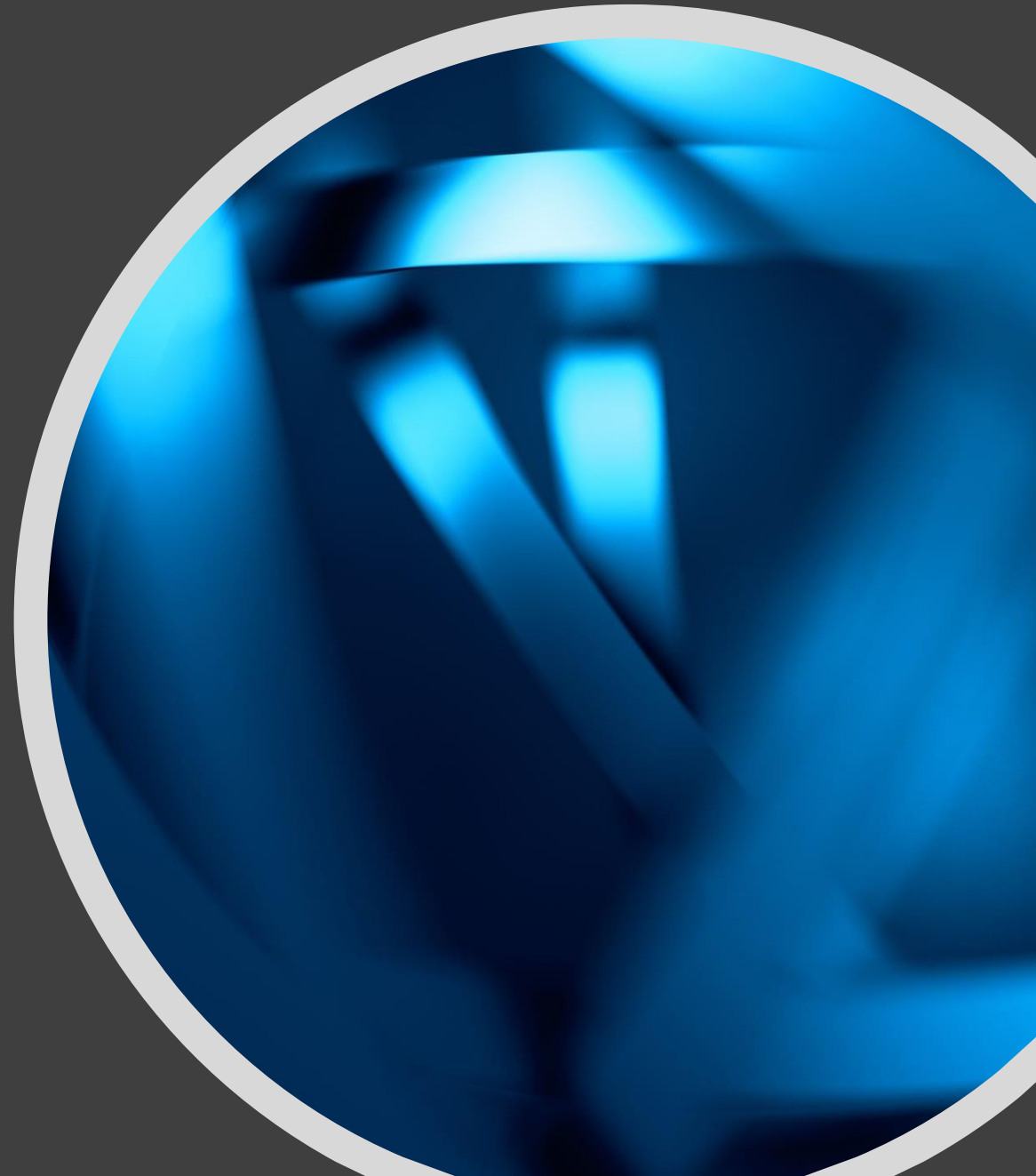
- Throw out the normal school day
- Breaks and transitions are key
- Keep your expectations in check (6 hours in school, not 6 hours of work)
- Brainstorm ways with your children on creating a learning environment
- Music
- Working Space
- Materials



Learn with Them



| | |
|------------|-------------------------|
| Find | Find your inner child |
| Ask | Ask a Question |
| Do | Do some research |
| Come up | Come up with theory |
| Test | Test with an experiment |
| Correct | Correct or Incorrect |
| Talk about | Talk about it |

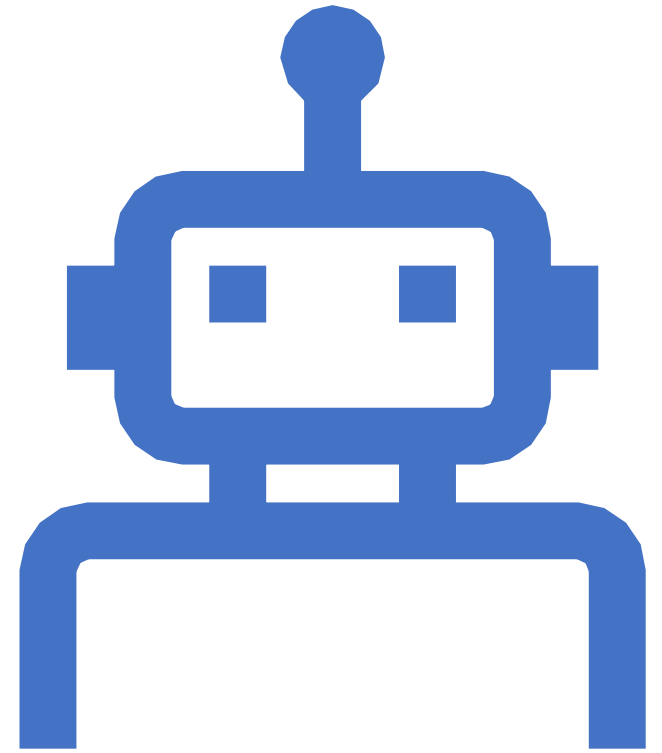


READ WITH THEM



- Do Family Read Along
- Read fiction and non-fiction books
- Ask questions
 - Who was your favorite characters?
 - What did you like or dislike about the book?
 - Why is the
 - When was this invented?
 - How would you have responded in that situation?

Give Kids Free Time





Turn on a Podcast or Audiobook



Common Sense Media



Book Club for Kids



Wow in the World



But Why: A Podcast for Curious Kids

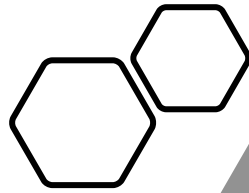


Peace Out



Dreaming Big Story Time

GO OUTSIDE



- Chalk art
- Give everyone a bag and go on a scavenger hunt
- Close your eyes for 10 seconds and talk about what you observe
- Take note books and pencils and let them sketch
- Family walk and race
- Play outdoor games (sight word hopscotch)
- Make up a game



Schedules vs Checklist



- ✓ Put together a list of assignments
- ✓ Establish a daily but flexible routine
- ✓ Check off as you complete assignments
- ✓ Consider a weekly versus daily checkoff list to maintain perspective

Keep a Positive Attitude

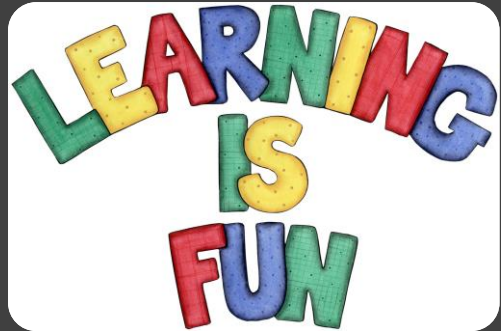
- Jot down what worked
- Remember you are not a teacher
- Create memories your child will never forget



**I can BEE
OPTIMISTIC**

by showing a
positive attitude.

Learning at Home Resources



- Khan Academy
- Academic Skill Builders
- Backpack Science
- Book Creator
- Breakout EDU
- Century
- Circletime
- Code Academy
- How Stuff Works
- Minecraft Education Edition
- NASA Kids Club
- National Geographic
- PBS Learning Materials
- Rockalingus
- Vroom App
- Seneca
- Smithsonian Education