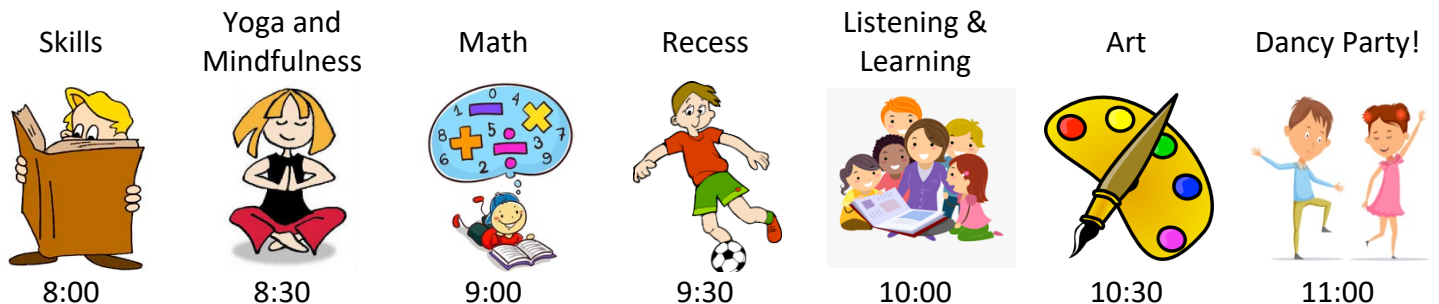


Online-Learning Survival Guide for First Grade Parents

Online-learning can be difficult for everyone... for teachers, parents, and kids. It is a big adjustment for all of us. It can be difficult to turn a room at home into a classroom, and it can be challenging to keep these kiddos on task and focused during their lessons and their work time. So we hope that this document provides some useful tips and advice to make your online-learning experience more successful and enjoyable.

1. Start the day with clear expectations, including a timeline!

Whether your child has Mr. Pletsch, Mrs. Carter, or Miss Carley, he or she is used to starting the school day with a clear understanding of the tasks ahead. We all have visual timelines in our classrooms, using words, pictures, and clocks to clarify exactly how the day will go. Make one of your own timelines together, and make it fun! Review it every morning so that your child understands what the "school day" will look like. Modify your timeline daily, as needed. For example...



2. Take brain breaks!

After working for a while, give your kiddo a brain break. This can be yoga, dancing, mindfulness, jumping jacks, or any quick and easy activity. Brain breaks don't need to last more than a minute or two... just some body movements and breathing to stimulate and refresh the mind. Then it's back to work! Check out GoNoodle on our e-learning website to discover some great wiggle breaks.

3. Your child DOES NOT need to finish everything all the time!

Every child works at a different pace. In the classroom, with most activities and assignments, there are kids who finish and kids who do not finish. Did Little Sarah work hard and stay focused and do her best? Yes. Did she get all her work finished in the assigned time? No. Who cares? Way to go, Little Sarah! You're awesome! It's time for a bike ride!



4. Hold true to your expectations!

Your kiddo has to earn the fun times by working hard and focusing during work time. Recess is next, but little Jonny was throwing oatmeal at his sister during math. What a bummer, Little Jonny... you just blew your recess. These expectations of yours are non-negotiable!

5. Always remember that your teachers have your back!

If you need support, if you're frustrated, if you're overwhelmed, if you're unsure... contact your teacher! Mr. Pletsch, Mrs. Carter, and Miss Carley are right here for you. And we are STILL your children's teachers, just like we have been since August. We can give advice, we can support you, we can even hop on a video call and remind Little Paige that she's still in school and we expect her to do her job, every day, the same as we expect from all first graders.

6. Breathe. And remember that your kid is awesome.

