

BEHAVIOR STRATEGIES FOR DISTANCE LEARNING

#1 LET'S GET STARTED

Set Up Your Environment

Setting up the environment is one of the most important steps we can take in order to be successful in online learning.



Workspace:

- This will look different based on number of learners, number of individuals working from home, number of young non-school age children, and amount of available technology.
- Have your child work in close proximity to you so they can ask for help.
- Try to limit distractions as much as possible (keep tv off, keep phones away).
- Try to keep the work area dedicated to learning during learning times (dining room table is off limits until work is done).

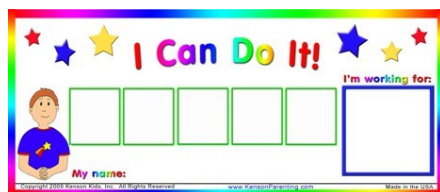
Organization:

- Have materials ready and available
- Use a folder to keep all related documents.
- Create a visual schedule for yourself and a separate schedule for your child outlining work times and break times. For information check out <https://adayinourshoes.com/free-printable-visual-schedules-for-home-and-daily-routines/>

#2 KEEP IT GOING!

Expectations and Task Completion

**How to get more YES and less STRESS!
Additional strategies to use with your child at home when they are struggling to complete the assigned tasks from their teachers.**



- When asking your child to start work, offer choices. *For example, "Would you like to start with reading or math first?"*
- Once your child begins work, try using a fun challenge to keep your child engaged (beat the clock, do 2 problems and you get to cross out one!).
- Break it up! You have 10 questions, if you make it to 5, take a break, then do 5 more.
- If your child is losing focus, ask them to complete a couple easier tasks successfully, then bring them back to the original work.
- Consider using a checklist of 3-5 assigned tasks and allow your child to mark each task they complete. Once all boxes are marked, reward your child with their favorite toy or activity!

#3 NOT WORKING, NOW WHAT?

Breaks and Incentives

**Motivating students to complete work can be challenging.
Providing breaks and incentives may be beneficial for emotional and physical well-being.**



- Keep tasks within your child's attention span (most 10 year-olds can work up to 10 minutes before needing a break).
- Provide an "earned" break after your child has completed each assignment.
- Earned breaks should include fun activities (listening to music, stretching/movement, hand manipulatives, kinetic sand, toys, stress ball, puzzles, electronics, or coloring).
- Breaks should be long enough to change focus, but not so long that it becomes a challenge to get your child back to work.
- Use a timer to show the student the beginning and ending of the break. There are many types of timers – sand timer, watch, visual countdown timer app, on-line stopwatch found at <https://www.online-stopwatch.com/classroom-timers/>