

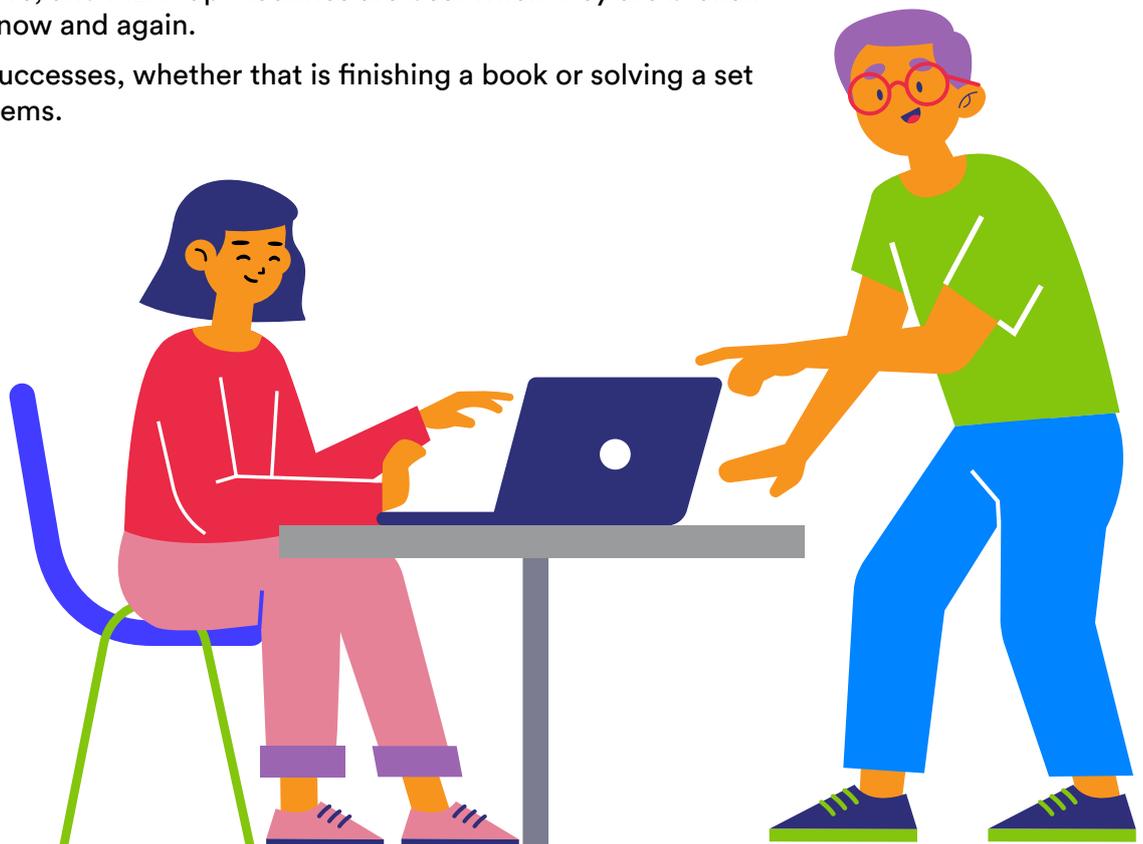
Setting up distance learning routines for families of young students

Pivot Professional Learning

As we shift - or prepare to shift - to distance learning, setting up routines and structure are a great way to maintain a sense of safety and security for your children. We know that this situation will be unique for every family, so we wanted to offer some strategies to pull from when setting up your own routine.

When setting your routines, we suggest:

- Creating a balance of online (screen time should be limited), hands-on and handwritten learning time.
- Making learning engaging by following their interests (maybe you could have a theme for each day).
- Including physical activity whenever possible.
- Giving students time to learn through play every day.
- Maintaining a snack/lunch break structure.
- Taking the opportunity to work while your child is working where possible.
- Always allowing for down time, which will help with engagement and keeping things fun.
- Getting creative, and mix it up. Routines are best when they are broken for fun every now and again.
- Celebrating successes, whether that is finishing a book or solving a set of math problems.



An example schedule could look like:

Early morning	<ul style="list-style-type: none">• Breakfast & physical exercise - Outdoor walk, ride, scoot (keeping social distancing in mind)
Mid-morning	<ul style="list-style-type: none">• Maths/number based activity (school set or parent devised)• Stretch (cosmic kids yoga, PE with Joe etc.) & snack• Explore, experiment, and nurture curiosity.
Midday	<ul style="list-style-type: none">• Lunch break & outdoor play where possible.
Afternoon	<ul style="list-style-type: none">• Writing (school set or parent devised)• Craft and create (art/music/drama)• Read (independently, with a parent, sibling or friend; picture stories, novels, magazines, online articles)

Remember, many day to day tasks can be adapted to become learning activities. Involve your child(ren), ask them questions and get them to do some follow up if you want to practice some writing or a particular maths skill.

Examples of real life learning opportunities:

- **Cooking** (Measuring, weighing, times, temperatures, reading recipes, creating recipes)
- **Shopping, real or made up** (Talking money, adding prices, working with budgets, writing shopping lists)
- **Puzzles & Games** (co-operation, communication, problem solving, understanding rules and processes)
- **Lego** (following instructions, fostering creativity, developing fine motor skills, counting, sorting)
- **Chores & pocket money** (promoting responsibility, maintaining independence, setting financial goals)

This period of distance learning will be a small window in your child's long school career.

Keep it light, enjoyable and manageable for your family.

