

Remote Learning Tips for Parents and Teachers

We are all in this together!

Tip #1: Be Flexible and Be Kind

It is important to understand that this is not going to be a perfect process. Try to be flexible in your mindset. Be kind to yourself if, and when, you make mistakes; be forgiving of your students and children if they struggle with this process. Use this experience as an opportunity to weave lessons into the curriculum that center around family, community, civics, social health, and self-love. This is perhaps the most important time to "Teach from the Heart" and remain connected to each other as much as possible to make the most positive impact.

Tip #2: Organize your Space and Time

Millions of families are facing the very same challenges you are. In a short time, many parents and teachers have developed and shared **Work Time, Mealtime and Playtime Schedules** on the internet. Organize a work space, to the best of your abilities, and create a **visible schedule** for your children. This can include a checklist of completed tasks throughout the day and even a reward system, similar to that of a classroom's. Mirroring the routines of the school day is a great way to anchor your household and keep everyone on track. You may want to come up with a plan in coordination with your family, so that everyone understands their individual role in making this work.

Tip #3: Stay Connected!

Be sure to maintain your connection with others, on both a business and social level. Modern technology allows us to communicate with people all over the world! Use this ability to keep your feet on the ground and see what others are doing. Share your concerns and triumphs with a trusted friend or colleague. As much as we are physically separated, we are very much connected in adapting to this "new normal" together. Recognize that connection and foster it.

Tip #4: Focus on What's Controllable

A major cause of stress and anxiety is feeling a lack of control over one's environment. Throughout this process, focus on what you **can do**. Organizing new routines, working on your complete health, supporting your community, and devising a plan to address these changes are all within your realm of control. By focusing on the positive, you will be saving yourself and others from undue stress about things that are beyond your grasp. We may discover new materials and approaches to nourish our educational practices, connect more deeply with our families, see our students in a new light, or become better individuals by the end of all of this. Regardless, we cannot lose sight of the silver lining, and we must adjust the view of those around us who struggle to see it.

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