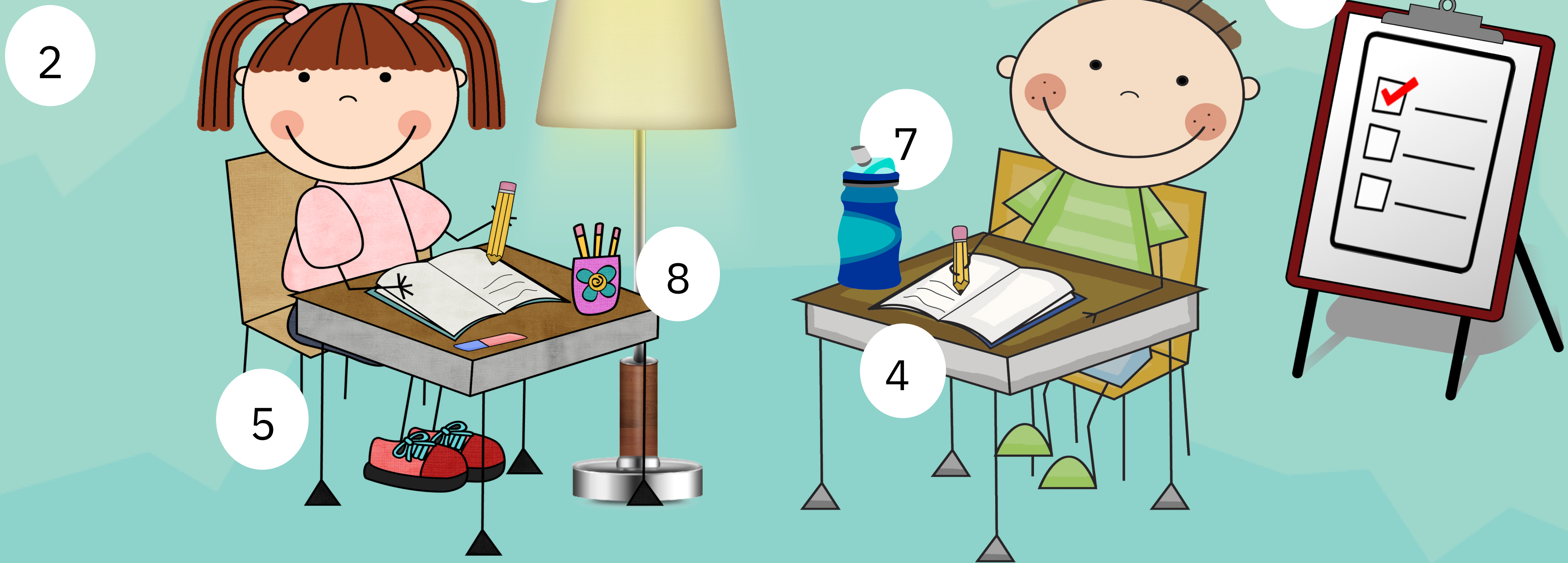


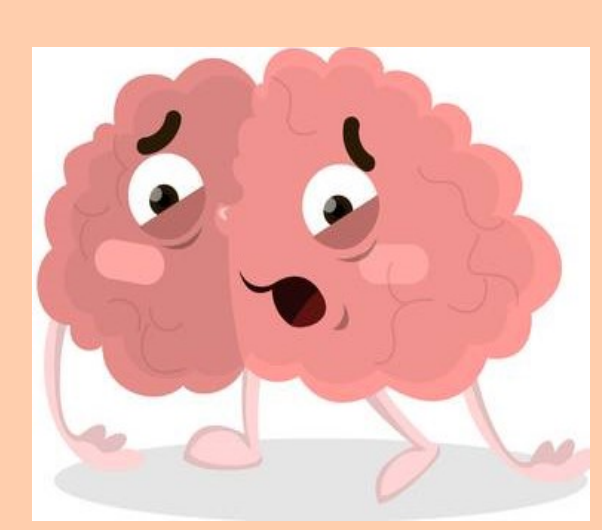
# Learn at Home

## Learning Environment Checklist

\*Click on numbers for more information.



- 1 **Distractions are minimized** to help child attend to the task and not unrelated noises, sights, movement or objects in the environment. (Ex. TV off, quiet or no music, space is free of toys).
- 2 School work and **break times are scheduled** (with as much consistency as possible). Take short movement breaks every 15-20 minutes and a longer break (at least 20 minutes) every 90 minutes.
- 3 The **work space is well lit** so the child can read and write without straining their eyes.
- 4 The work space matches the task. **Writing or computer tasks are completed at a desk/table** with chair appropriate for the size of the child.
- 5 **Chair:** child can put feet on floor with back to the chair. If not, try using a foot stool (a box will do!)  
**Desk/table:** top surface is 1-2" lower than their elbow when child is seated.
- 6 A **schedule was created** with the child's input so that they know what is happening and when. The child can check things off the list as they are completed.
- 7 **Water and healthy snacks** are available. Staying hydrated helps us focus!
- 8 Everything needed for a task is gathered and **organized before the child starts** to avoid unnecessary interruptions later. (pencil, eraser, ruler, laptop, etc.)



**A stressed brain is not a learning brain!**

**Stress gets in the way of learning.**

If a child is feeling stressed:

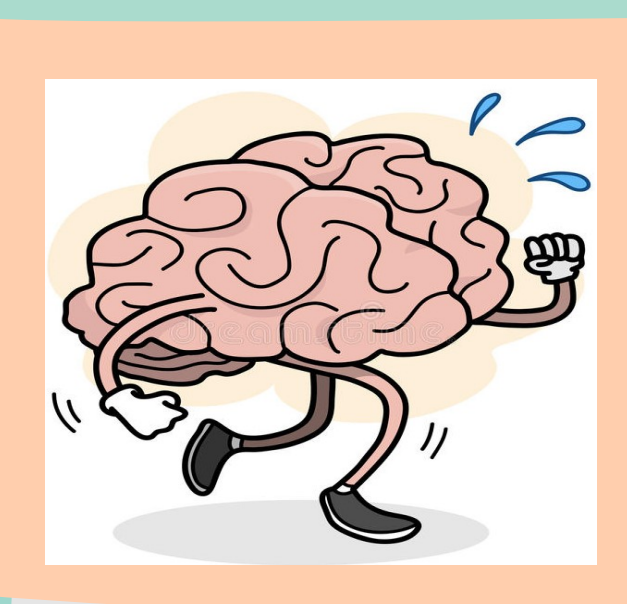
- take a break
- offer assistance with the task
- help them stay positive and provide encouragement
- focus one small step at a time
- avoid working when uncomfortable (tired, hungry, etc)
- try slow, deep breaths

### Brain Power

\*Click on images for more information.


**Physical activity is a great way to get the brain in gear for learning.**

**It can improve alertness, attention, motivation and also mood!**



Take movement breaks for physical activity and fun.

Stretch, jump, skip, do push-ups, dance, run, walk, bike, climb, follow a Go Noodle movement video, etc.



**Our brains and bodies benefit from good sleep to recharge.**

To help with sleep:

- aim for consistent bed time
- avoid using tablets, laptops, and Smartphones for at least 2 hours before bed