

# Learning from Home

## Resources for Families



The transition to home learning is a big change for your child. The resources and guidelines below can help you work with your child's school to make home learning a positive experience.

### 1. Establish a schedule.

During a big transition, students need consistency. Keep normal meal and bed times, and start learning when school typically starts each day, if you can. At MHPS, each day students have learning time between 9am and 11am, 11:30am and 1pm, 1:40pm and 3pm. Students are offered a 'Crunch and Sit' break at 10am, recess at 11am, and lunch at 1pm.

**HANDY TIP:** Write your child's schedule where they can see it (*Put all family members' schedules up together!*)

### 2. Create a designated learning space.

Organise learning materials and designate a common area for learning. Ideally, the space has a strong wireless or 4G connection, can be blocked from noise at times, and is located where family members can participate in your child's learning.

**HANDY TIP:** You may want to [check out this example](#) as a fun activity to do with your child in setting up a learning space. This will help your child have ownership and a sense of shared responsibility for the space.

### 3. Begin and end each day with a check in.

Designating time to check in with your child helps your child feel more secure and supports them to process the situation.

**HANDY TIP:** Questions to ask: What are you learning today? What materials do you need? What did you enjoy learning today? What was challenging?

### 4. Schedule physical activity and social interaction.

Physical and social activity are essential to your child's wellbeing. Scheduling time for movement, social interaction (within the home and practicing appropriate social distancing if necessary), and play helps your child have a positive experience at home.

**HANDY TIP:** Ideas: Create a family dance, act out a scene from a book, interview a family member, play your favorite game, cook or bake your family's favorite recipe, create story yoga.

### 5. Support your child's emotional needs.

In stressful times, children need supportive and stable relationships with trusted adults. Stay close with your child and provide age-appropriate information.

**HANDY TIP:** Look for age-appropriate information for students to help support their emotional needs [Kid-friendly comic about COVID-19](#)

### 6. Be flexible when needed.

Juggling home, work and school priorities is going to be hard. Don't be afraid to 'pull the pin' on that perfect timetable for the day if other commitments are causing undue emotional stress on people in the household.