



LYNWOOD
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Supporting Your Child's Educational Learning at Home

Friday, April 24th, 2020

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School's Out – Now What?

With school boards across the province shutting down for weeks or months, children have been obligated to remain at home and many of you are having to become teachers over night. It's a challenging balance that is likely to create stress and family conflict.

While the sudden suspension of daycare, school, and other daily routines may be destabilizing, you can combat this by setting up new routines – this doesn't have to be regimented or perfect.

A plan or schedule can also help reduce conflict for school-age children who have academic work to do during school closures.

First Things First...

A Need for Structure

- Set a schedule for the weekdays and weekends

Exercise

- By keeping active each day, everyone will feel calmer and sleep better
- Get involved by playing games such as tag, hide-and-seek, Simon Says, etc. and going for short walks, while maintaining social distancing

Social Connections

- Humans are social creatures – so connecting with others is crucial
- Children that are connected to other children are happier, less anxious, and have more fun
- Even when isolated, you can help your child stay connected to family and friends using technology

Example of a 'School' Schedule

- The H.W.D.S.B. encourages the following timeframes and focuses for learning:
 - **Kindergarten to Grade 3:** one-hour of work a day, focusing on literacy and math
 - **Grades 4 to 6:** one-hour of work a day, focusing on literacy, math, science, and social studies
 - **Grades 7 and 8:** two-hours of work a day, focusing on literacy, core math, science, and social studies (history and geography)
 - **Grades 9 to 12:** three-hours of work per course a week, focusing on achieving credits and graduation

Example of a 'School' Schedule

9:00am - 9:30am	Transition Activity / Review Schedule / Set Expectations
9:30am - 10:30am	Academic Block (Chunked into 20-30 Minute Tasks / Blocks)
10:30am - 11:00am	Break – Light Snack and Physical Activity
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12:00pm - 1:00pm	Lunch (Eat Together) and Physical or Quiet Activity
1:00pm - 1:40pm	Daily Chore (ie. Tidy Room, Vacuum, Dust, Put Away Dishes, etc.)
1:40pm - 2:20pm	Inquiry / Creative Time (ie. Science, Art, Music, Drama, Research, etc.)
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How to Set Up a Learning Space at Home

- Try to make the space conducive for learning
- Have supplies and materials ready and set-up beforehand
- Use a visual schedule (<https://goboardmaker.com/pages/coronavirus-resources> offers free downloads and a 90-day trial with sign-up)
- Keep instructions clear and concise, and give one instruction at a time
- Use prompts such as “First, next, then... finished!”
- Check-in regularly and offer help as needed
- Give encouragement and verbal praise



Coronavirus Resources



Coronavirus activities and resources

Supports to help students in learning and communicating about the Coronavirus. Log in or create a free myTobiiDynamox account to access them.

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A set of activities and resources to support students in learning and communicating about the Coronavirus.



Coronavirus PCS symbol pack

Available in: [English](#), [Chinese](#), [Finnish](#), [French](#), [German](#), [Italian](#), [Portuguese](#), [Spanish](#), [Swedish](#)

A set of coronavirus-themed symbols that support communication and learning. The symbols will work with all versions of Boardmaker. Instructions for importing to v6 are included.



Coronavirus Topic Page Bundle for Snap Core First

Available in: [English \(US\)](#), [English \(UK\)](#), [Danish](#), [French](#), [German \(Metacom\)](#), [German \(PCS\)](#), [Icelandic](#), [Norwegian](#), [Portuguese \(PT\)](#), [Portuguese \(BR\)](#), [Spanish](#), [Swedish](#)

Topic pages for Snap Core First, created for the coronavirus outbreak. Includes topic messages, topic words and supports.



How to add a page set bundle to your topic area

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Instructions for moving a page set from PageSet Central to My Stuff and then linking to it within Snap.



Hospital Intensive Care Unit Communication Resources

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A set of printable communication pages to support caregiver to patient communications in a hospital environment. English file includes English-bilingual versions of all other languages.



Boardmaker Activities-to-Go

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What do you want to do with Coronavirus_PDFs_en-US.zip (5.9 MB)?
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Home Learning Schedule-US



How to stay healthy-hand washing 1



Vocabulary coronavirus-US

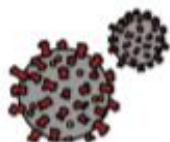


Washing your hands-US



What is coronavirus-US





How to Stay Healthy



Wash your hands with soap and water often for at least 20 seconds



Wash your hands when you get home, to school or work



Use hand sanitizer if you can't use soap and water



Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze



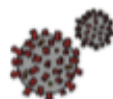
Put used tissues in the bin and then wash your hands



Try to not get close to people who are sick



Do not touch your eyes, nose or mouth if your hands are not clean



Wash your hands to stay healthy

Wash your hands as long as it takes to sing Happy Birthday twice



Wet your hands with water



Put soap all over your hands



Rub your hands together



Scrub the front and back of your hands and between your fingers



Rinse your hands



Dry your hands



Coronavirus Support Materials



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 Human Body-Bones-UK	File folder
 Inventions - Everyday Inventions - ...	File folder
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 Living Things-Plants-UK	File folder
 School Life-Back to School-UK	File folder
 Space-Planets-UK	File folder
 Time & Change - Transportation - ...	File folder

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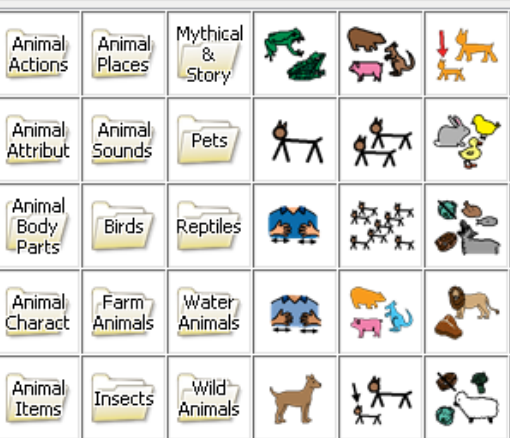


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Type into the Search text box or double-click a category to find a symbol.



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Page 1

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Transitions

- Transitioning from one activity to another are times when children are more likely to experience challenges
- Take a few seconds now to think of some transitions that your child experiences throughout their day...
- Examples could be transitioning from a preferred to undesired task, cleaning up, or transitioning from break to academic time
- It's important to give notice to your child before it's time to make a change (use verbal prompts or a timer), and give them an honest amount of time to put things away
- Transition activities can help children move from one task to another, and when executed smoothly they can be fun and time-saving

Transition Activity Suggestions

- A Game of “I Spy”
- Back Writing / Drawing – using your finger, draw a letter or simple picture on their back and have them try to guess what you drew
- Sound Game – play a sound and have them guess what it is (ie. water running, thunderstorm, cat meowing, keys jangling, cell phone ringing, crickets chirping, etc.)
- Body Spelling – have them use their body to form letters and spell their name / words
- Count to 10 and Think of a Rhyming Word (ie. One/Sun/Bun, Two/Shoe/Blue, etc.)

Transition Activity Suggestions

- Two Actions at Once (ie. tap head/rub stomach, clap hands/stand on one foot, snap fingers/nod head)
- Guess What I Am Counting – look around the room and count out the number of same objects; have them try and guess what it is you're counting (ie. windows, pillow cushions, chairs, cupboard doors, etc.)
- “I’m Going on a Picnic and I’m Bringing...” – think of items to bring that start with the first letter of your name; go back and forth until someone can't think of something (ie. Kim – Kiwi/Kidney Beans/Kite)
- Coin Wiggle – have them lie on the floor and place a coin on their nose; they have to try to get the coin to fall off by wiggling their nose but not moving their head

Movement Breaks

- It is important to alternate between learning tasks, play time, and short physical activities
- There are many benefits to regularly-scheduled movement breaks throughout the day, including:
 - Improved impulse control and ability to self-regulate
 - Better engagement, improved ability to focus, and increased information retention
 - Helps physical posture , movement skills, and co-ordination skills



Movement Break Suggestions

- Yoga
- Exercise Ball (ie. roll, shift, bounce, lay on stomach)
- Dancing (ie. Just Dance on YouTube or <https://family.gonoodle.com/>)
- Various Stretches and Exercises
- Keep It Up – have them keep a balloon up in the air using their hands or not hit the ground using their feet (hacky-sack style)
- Co-operative Stand Up (2 children) – have them sit on the floor with their backs together, arms interlocked, and challenge them to stand up without putting their hands on the ground

Movement Break Suggestions

- Birds Can Fly – call out true animal actions (ie. birds can fly, rabbits can hop, dogs can bark) and have them perform the action; if when you call out a fib (ie. cats can oink) and they do it, then the game ends
- Hopping Challenge (ie. “Bunny/Kangaroo/Frog says...” hop in one place, hop on right foot, hop backwards/sideways, hop in a square/circle, hop over a line, hop quietly, etc.)
- Find It Fast – call out a trait of an object in the room and have them quickly find it (ie. something round, made out of wood, red, etc.)
- Plates – give them a paper plate and have them walk around the room balancing it on their head; if it drops, then they need to pick it up off the ground using only their toes

Movement Break Suggestions

Try some animal poses



Try these yoga poses



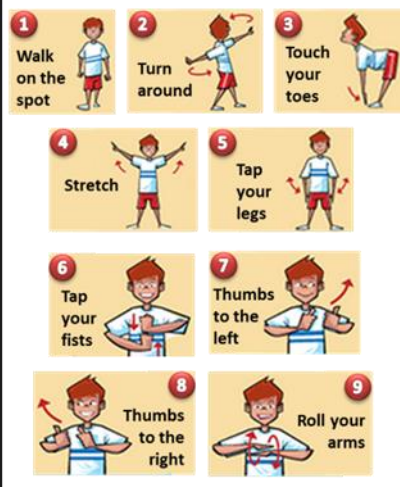
Lay or bounce on a ball



Try these stretches



Try this workout 2 times

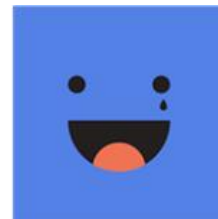
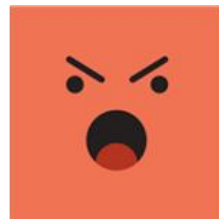
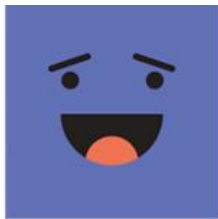
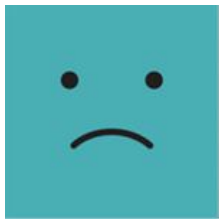


Try these exercises

- 10** - Jumping Jacks
- 9** - Frog Jumps
- 8** - Sit-Ups
- 7** - Toe Touches
- 6** - Push-Ups
- 5** - Bunny Hops

Grounding Exercises / Regulation Strategies

- Grounding is a practice that helps us pull away from negative and challenging emotions
- Take a few seconds now to think of the feelings your child might have difficulty experiencing or expressing...
- Regulation strategies can help your child distract them from the difficult feeling they are experiencing and refocus on what is happening in the present moment



Grounding Exercise / Regulation Strategy

Suggestions

- Deep breathing for 1 minute
- Drinking a cold drink of water
- 5, 4, 3, 2, 1 senses – looking around the room and focusing on 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste
- Body scan – lie back, close their eyes, squeeze every muscle as tight as they can, relax their muscles, and think about how their body feels
- Give themselves a hug and squeeze tight for 1 minute or ‘hook up’

Grounding Exercise / Regulation Strategy


Suggestions

- Squeeze a stress ball, Play-Doh, TheraPutty, etc.
- Heartbeat exercise – jump up and down or do jumping jacks for 1 minute, sit down and have them put their hand over their heart, close their eyes, and pay attention to their heartbeat and breathing
- Chocolate – have them put a small piece of chocolate in their mouth and see how long it takes for it to melt without chewing/sucking on it
- Superman pose – have them stand with their feet just wider than their hips, fists clenched, arms reached out, and stretch/tense their body for 1 minute


Grounding Exercise / Regulation Strategy

Suggestions

Take 10 slow deep breaths

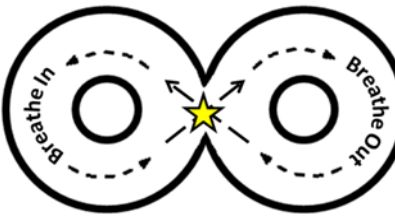


Breathe in... 1, 2, 3, 4, 5....



Breathe out... 1, 2, 3, 4, 5....


Practice "Lazy 8 Breathing"



- Trace the Lazy 8 with your finger, starting at the star and taking a deep breath in
- As you cross over to the other side of the Lazy 8, slowly let your breath out
- Continue breathing around the Lazy 8 until you have a calm body and mind

Take 5 breathing


1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly - slide down the other side.
4. Breathe in through your nose - out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.




5 Senses

Stand in a spot and name...


- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste











Make silly faces in the bathroom mirror



Use lotion and massage your hands



Muscle relaxation

 <p>Puffer Fish Puff</p> <p>Puff your cheeks like a puffer fish!</p> <p>Fill your cheeks with air and hold for 5 seconds.</p> 	 <p>Clam Cuddle</p> <p>Cuddle yourself like a clam.</p> <p>Place your hands on the opposite shoulders and squeeze.</p> 	 <p>Turtle Tongue</p> <p>Poke your tongue out like a turtle pokes out its neck.</p> <p>Stick your tongue out and quickly hide it again.</p> 	 <p>Starfish Stretch</p> <p>Stretch out like a starfish.</p> <p>Place your arms up over your head and stretch out wide. Stretch your legs out wide too.</p> 
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Inquiry Time / Creative Time / **Alternative Learning**

- Incorporating alternative learning activities into your child's daily schedule will support their individual learning style, help keep them engaged and stimulated, and pace the day in manageable blocks

Suggestions for Inquiry Time / Creative Time / Alternative Learning:

- Arts and crafts
- Board games and card games
- Puzzles, LEGO, K'Nex
- Science experiments
- Scavenger hunts
- Journal / story / poem writing
- Educational videos
- Livestreams of animals / zoos
- Online virtual tours
- Researching a topic of interest
- Online math games
- Keyboarding programs
- Coding programs
- Online reading games / books

Inquiry Time / Creative Time / Alternative Learning Website Suggestions

- Royal Botanical Gardens videos about the environment, plants, and animals
 - https://www.youtube.com/channel/UCiUffBr_HdMFa1ZU6tlTo2g
- Museum virtual tours showcasing some of their popular exhibits
 - <https://www.louvre.fr/en/visites-en-ligne>
 - <https://naturalhistory.si.edu/visit/virtual-tour>
 - <https://people.com/travel/stuck-at-home-you-can-visit-these-world-famous-sites-from-your-couch-for-free/>
- Museum of Science and Industry Chicago: Simple Machines game
 - <https://www.msichicago.org/play/simplemachines/>
- National Geographic Kids articles and videos
 - https://kids.nationalgeographic.com/?fbclid=IwAR3ydTSHOJjtRbH3ulIVOXLjoZ_7ragGw7CpYo1ylkPQw9K0Nnz5rNholls

Inquiry Time / Creative Time / Alternative Learning Website Suggestions

- Zoo virtual tours and livestreams of different animals and links to other resources
 - <http://www.torontozoo.com/zootoyou/resources>
 - <https://www.youtube.com/channel/UCA0-tJIG3bDQKoU8nh79Vkw>
 - <https://www.ripleyaquariums.com/canada/shark-camera/>
 - https://www.montereybayaquarium.org/animals/live-cams?gclid=EAlaIQobChMlvIz70K2p6AIVzv7jBx01YQ7sEAAYASAAEgLqyfD_BwE
 - <https://kids.sandiegozoo.org/animals>
 - <https://www.brisbanekids.com.au/world-zoos-that-offer-virtual-tours/>
- Boys & Girls Clubs of Hamilton virtual activities
 - <https://www.kboysandgirlsclub.com/bgch--home.html>
- Educational YouTube videos
 - <https://www.youtube.com/user/watchfreeschool/playlists?app=desktop>

Inquiry Time / Creative Time / Alternative Learning Website Suggestions

- Online books for children
 - <https://www.funbrain.com/books>
 - <https://mobile.tumblemobile.com/Default.aspx?ReturnUrl=%2f>
 - <https://www.getepic.com/>
- Authors reading books
 - <https://www.youtube.com/playlist?list=PLEA3D5C281A1511A3>
 - <https://www.weareteachers.com/virtual-author-activities/>
- Online math games for children
 - https://www.education.com/games/math/?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCpjzmLx25qIH9mwfRd2quYD5fGiT4t8OQIcNxrTvaDb8Lv3fgQIOkRoCkBlQAvD_BwE
 - <https://www.prodigygame.com/>

Inquiry Time / Creative Time / Alternative Learning Website Suggestions

- Practice keyboarding skills
 - <https://www.typingclub.com/>
- Coding for children
 - <https://studio.code.org/projects/public>
 - <https://code.org/>
- 42 easy activities to keep children busy
 - <https://activeforlife.com/42-activities-to-keep-kids-busy-while-parents-work-at-home/>
- 15 educational at-home learning resources
 - https://www.chapters.indigo.ca/en-ca/inspired/family/educational-at-home-learning-resources/?EMS_SEG=&EMS_MID=EML_2020_04_10_Blog_Email_TAR&EMS_CID=36899626&EML_TOKEN=1235F9D1-09A2-42A4-9D48-A1B0275CCEA5

Inquiry Time / Creative Time / Alternative Learning Website Suggestions

- Arts and crafts activities
 - <https://artfulparent.com/kids-arts-crafts-activities-500-fun-artful-things-kids/>
 - <https://www.kidspot.com.au/things-to-do/collection/art-activities>
- 30-day LEGO challenges
 - <https://www.pinterest.ca/pin/141511613269813935/>



What If Your Child Is Struggling To Engage?

- Remember that “children do well if they can” (Ross W. Greene, Ph.D.); if they aren’t, then something is getting in the way for them
- Your child is not behaving this way on purpose – they just might not be ‘there’ yet
- School is an aspect of life that requires discipline and work – motivation can’t be forced. If you try to force your child to be motivated, it can make things more difficult.



Steps to Help Your Child Engage in Learning

1. Stay Positive
2. Validate and Practice Active Listening
3. Be Aware of Their Anxiety Level
4. Help Them See the Bigger Picture (ie. Long-Term Goals)
5. Give Choices When Possible
6. Use a “First, next, then... finished!” Approach
7. Praise Effort and Hard Work, Rather Than Outcomes
8. Get Involved
9. Use Your [Virtual] Supports (ie. Teacher, Family, Friends)

Self-Care

- Self-care is an important part of wellness
- It's about nurturing ourselves, so that when difficult situations arise, we have the energy and strategies to get through it
- It's important to take time to discover what helps us to feel good and re-charge
- Take a few seconds now to think of some things your family currently does for self-care...



General Self-Care Tips

- **Nutrition:**
 - It is important to focus on eating foods that will provide us with the nutrients we need
 - Try to increase water intake and decrease caffeine intake
- **Sleep:**
 - Getting a healthy number of hours each night helps us to better deal with the stresses of everyday life
- **Exercise:**
 - Being physically active every day has many positive effects on our health; this doesn't need to take much time (30 minutes)

Adapted from "Self-Care 101" (<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>)

General Self-Care Tips

- **Enjoy, Connect, and Pause:**

- Take time each day to do things that help us feel good
- Spending time with family and friends (virtually) can help to increase levels of happiness

- **Recognize and Reflect:**

- Be mindful of our thoughts and feelings, both positive and negative

Additional Self-Care Tips for You

- Modify daily activities to meet the current reality of the situation
- Focus on what you can accomplish
- Shift expectations and priorities to focus more on what gives you meaning, purpose, and fulfillment
- Give yourself small breaks from the stress of the situation
- Try to 'catch' self-defeating statements and replace them with more helpful thoughts

**** And remember that this is temporary ****



SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- **TIP:** Try this quiz to find out if you're practising enough self-care ☺

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist! ☺



PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- **Tip:** There are lots of different apps and sites out there for breathing exercises or check out "How to calm down when you're stressed" ☺

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT** to 686868.

School
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www.smho-smso.ca

Final Thoughts

**** Remember, you are doing your best! ****

There is a good chance you are juggling a lot right now, on top of dealing with your own thoughts and feelings. Try to treat yourself with compassion and gentleness.

These are all just suggestions – some days you're going to have so many things on the go that you will feel like you can't do it all **and that's okay**.

Try to have fun as a family unit and enjoy your time with each other.

We are all in this together!

Thank you!

- Doug and Kim -

