

Tips for Distance Learning

ROUTINES

-Maintain a consistent location to do all schoolwork, even if it's the kitchen table.

-Make a daily visual schedule and review it with your child every morning, especially in the beginning as you set a new routine.

*You can use construction paper and a marker. On the left column, list the time and on the right corresponding column, list the activity (**see picture**). Schedule in recess and lunch and allow for frequent but short movement breaks, especially for younger students.



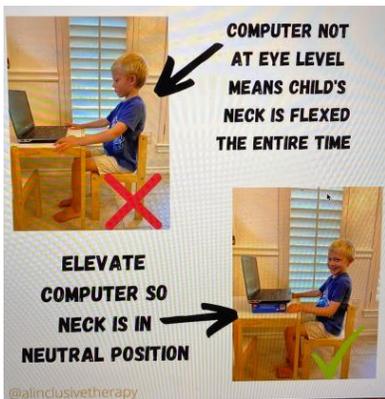
**examples of movement breaks*: jumping jacks, push-ups, running in place, marching in place. You can do this for the duration of a familiar song like “row row row your boat” or the “ABCs”

SEATING

-Have child sit in a seat proportionate to their size. If the chair is too big, place a pillow between child's back and back of chair (**see picture**). You will want your child's knees to hit at the edge of the chair.

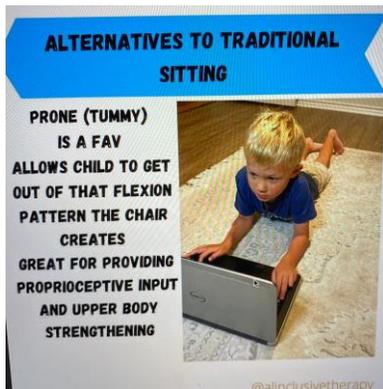


-Make sure that child's feet touch the ground while seated and that there is a 90-degree bend at their knees. If they don't touch, place a step stool or large book(s) tapped together as a step stool to give your child's feet a firm surface to plant their feet on (**see picture**).



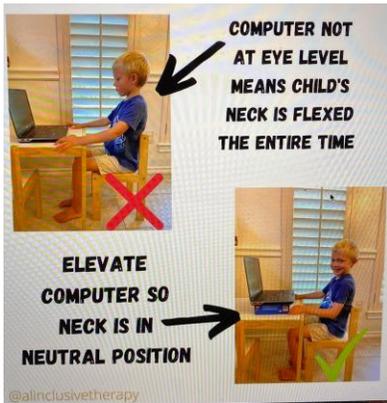
-Make sure the desk is at elbow height. Again, use a pillow or cushion to make adjustments in the chair is too big.

Alternatives to sitting at a desk (**see pictures**): laying on floor propped on elbows, on his/her knees, sitting in a bean bag cushion or pile of pillows (this is especially helpful for kids who are having a hard time sitting still).



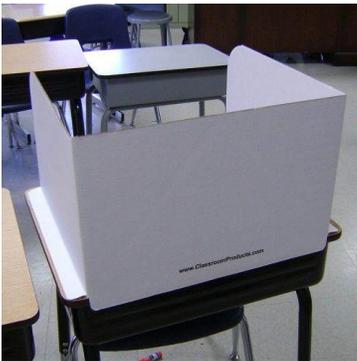
LOCATION OF COMPUTER/iPAD

-Make sure that computer/iPAD/tablet is at eye level. You do not want child looking down. If it is too low, place a book under the computer/iPAD/tablet to bring it to eye level (**see picture**).



ADDITIONAL SUGGESTIONS

- Face student away from distractions or highly interesting toys/objects/play area.
- Turn on background music if helpful to focus OR eliminate all music/noise.
- Can use cardboard to build a visual barrier (**see picture**). You can also use two binders to create the same type of barrier.



- Keep all school materials in a defined container; example, an old shoebox.
- If a student is having a hard time focusing and listening to instructions, you can use a 'token reward system'. In this system, the student earns 1 token (can be a sticker or a penny) for each task completed and then when they get 5 in a row they exchange their stickers or 5 pennies and get a highly preferred toy or activity or break. You can group schoolwork into groups of 5 tasks throughout their day.

Lastly, as an OT—suggestions for working on handwriting, which is often a unpreferred task.

- Write their own daily schedule.
- Write what they want to do during their 'recess' time or if they complete all their homework (reward).
- Write happy birthday messages, thank you cards or I miss you/I love you cards to mail or give to family members.
- Write a story about favorite character/toy.
- Help write out the family grocery list.