# Tips for Working and Learning at Home

South Brunswick Public School District

# We are teaching & learning in virtual classrooms.

Now what?

## Hello South Brunswick!

Because of the need for social distancing, we launched remote learning almost overnight. Teachers, parents, and students are doing their part to make the best of things.

Some people work and learn from home regularly. So, we can learn some tips from them and try them on for size. Just click on the links.

In reality, teachers are 'people people.' This means that they would rather be in class with their students. Just know we are doing what we can to create learning opportunities for all our students as we wait for the 'all call' to return.

We are in this together...



8 Tips for working from home: Embrace the perks

Click Here for more information



## 5 Tips for K-12 students: from Mrs. Manganello SBHS Librarian

### Click here to view the infographic

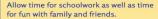


Tips for **Students** 



ADVICE FOR STUDENTS

Experts recommend creating a schedule to help you to keep track of your day.





### **CREATE A HOME OFFICE**



To do your best work, you need your own space. This space might include:

- · A comfortable chair
- A sturdy table or desk
- · A computer with internet access
- · School supplies (paper, pencils, markers, and all of the other supplies you might need should be easy to access)

What works for your brother, sister, or best friend, might not work for you as a learner. If something is not working for you, speak up! Tell a trusted adult . that you need to make a change.



Your family and teachers are here to help!

### **RECESS ROCKS!**

Learning is important, but your brain works better if you take breaks to do the things you love. Take time to: · Go for a walk

- - · Talk to a friend on the phone or by video chat
  - Play a game · Work on your favorite hobby

FOR MORE INFORMATION:
Filucci, Sierra. "How to Keep Kids Learning When They're Stuck at Home." Common Sense Media, 17 Mar. 2020,

Peters, Terri. "Schools Closed for Coronavirus? Here's How to Teach Kids at Home." TODAY.Com, 13 Mar. 2020, www.today.com/parents/coronavius-schools-closed-here-s-how-teach-kids-home-t275904. Accessed 18 Mar. 2020.

Villano, Matt. "How 'regular School' Parents Can Homeschool Their Ki<u>ds." CNN, 16 Mar. 2020</u>

Establish your own work space.



Click here for more information

Establish Norms!

Podcast and Videos



Click here for more information

Click here for more information

Tips for parents working with their students at home.



Cityscenecolumbus.com

Article 1

Article 2

Article 3

# Stay connected and have some fun!

## DAILY QUARANTINE QUESTIONS:

- 1. What am I GRATEFUL for today?
- 2. Who am I CHECKING IN ON OV CONNECTING WITH TOday?
- 3. What expectations of normal "am I LETTING GO OF today?
- 4. How am I GETTING OUTSIDE today?
- 5. How am I MOVING MY BODY today?
- 6. What BEAUTY am I either Creating, cultivating, or inviting in today?

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# Try to stay calm. Control anxiety.



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Click here for more information

Keep your spirits up...
go easy on yourself!

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