

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
Parents



Tips for
Students



HELP! I'M LEARNING FROM HOME, NOW WHAT!?!?

ADVICE FOR STUDENTS

SET A SCHEDULE

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

Allow time for schoolwork as well as time for fun with family and friends.



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)



YOU ARE SPECIAL!

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. www.common Sense Media.org/blog/how-to-keep-kids-learning-when-theyre-stuck-at-home.

Peters, Terri. "Schools Closed for Coronavirus? Here's How to Teach Kids at Home." TODAY.Com, 13 Mar. 2020. www.today.com/parents/coronavirus-schools-closed-here-s-how-teach-kids-home-tz7904. Accessed 18 Mar. 2020.

Villano, Matt. "How 'regular School' Parents Can Homeschool Their Kids." CNN, 16 Mar. 2020. www.cnn.com/2020/03/16/health/homeschooling-during-coronavirus-wellness/index.html.

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 or 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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