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**Virtual Learning Ideas for Caregivers**

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| **The Idea!** | **Why?** | **How?** |
| 1. Create a Learning Space! | Having a special “Learning Space” helps the brain transition from “home mode” to “school mode” and helps kids focus. | * Designate a quiet space for your student to work
* Remove as many distractions as possible (including siblings, pets, and electronics)
* Let them “make it their own” by helping decorate
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| 2. Create & stick to a schedule! | Having predictable habits and routines is comforting to kids and will decrease anxiety and increase their direction following behaviors.  | * Make sure your schedule’s not going to be impossible to follow
* Make the schedule fit your family
* Model the process by following the schedule yourself
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| 3. Make sure your students move their bodies! | Exercise decreases stress and anxiety and increases focus.  | * Schedule a daily “recess”
* Schedule “movement breaks” into the kids’ day (games, jumping jacks, dance party, etc)
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| 4. Make sure your students get enough sleep! | American Academy of Pediatrics recommends that 3-5 year olds get 10-13 hours of sleep per night (including naps) and that 6-12 year olds get 9-12 hours of sleep per nightLack of sleep can cause problems with attention, learning, and mental health. | * Start a calming, predictable bedtime routine (brushing teeth, bath, reading a book etc.) and keep it the same every night.
* Limit/eliminate screen time at least an hour before bed and keep tv’s/ tablets/phones etc. out of the kids’ bedrooms.
* Limit/eliminate caffeine in the late afternoon and evening.
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| 5. Give yourself and your student some grace! | You are not a trained teacher! Don’t expect perfection from yourself or your child.  | * Ask for help! The pilotED family is here to help you through this!
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