



## Home Learning Tips

### Create a timetable

- Try introducing a loose timetable that works for you.
- Schedule in Google class lesson so you don't miss them.
- Introduce fun activities indoors and outdoors. Plan these together and ask your child what they want to do.
- Make your timetable visible so everyone knows the plan.

### Keep Talking

- There will be times where you and your child struggle. This is OK!
- Keep communicating through these in any way you can: talk, listen, hug and even text.
- The more you communicate the more you can create an environment that works for both of you.

### Decide what is "good enough"

- You may not achieve everything every day.
- Make a decision on what is good enough for that day, and re-look at this to set goals.
- Work towards your personal good enough and if you achieve more then it's a bonus.

### Use everyday things to count, problem solve and measure

- You have more resources than you know all over your house.
- Use everyday objects: put your toy cars in size order, use the penny jar for counting and divide the toy figures into teams etc.

### Take a break

- Sometimes we need to take a break to learn to our fullest capacity.
- If you notice your child struggling then take a break.
- Find an activity away for the learning for a small period of time.
- If you have a garden get some fresh air, get a fresh drink or do a small exercise routine.
- Take a moment to refresh.

### Make time for fun family activities

- Make sure you set some time aside for fun family activities.
- Go for a walk at the weekend, play a board game, do some baking, have a family movie night.
- Try to spend some time together away from the home learning.

**THE MOST IMPORTANT THING TO REMEMBER IS TO BE KIND TO YOURSELF. YOU ARE DOING THE BEST YOU CAN IN VERY CHALLENGING TIMES!**

