

## Top Tips for Home Learning

We have put together some top tips for learning at home. We hope they are helpful. If there is anything else we can do to help support you and your child during this time, please let us know.

**Be kind to yourself** – working from home at the same time as supporting children working from home is a new challenge for everyone.



Remember a **routine** is doing things in a certain order every day – that's what's important, not timings. Respond to your child and include breaks when they're needed. If it helps – show the order for activities using pictures (e.g. exercise, work at computer, read, eat lunch, etc)

Don't be focused on what you think they 'should' be doing. Just **start with what they can do** and take it from there – learning is as much about building confidence and resilience as it is about skills.



**Work in 15-minute chunks.** Some children work best standing up, or with headphones on – as they're at home, you can go with what works! Variety and little and often is key.



Between each mini session, **allow for a break**– staring out of the window, a chat, walking around or some dancing in the kitchen! Try to avoid TV or gaming/technology between sessions, as once they're engrossed in this it can be hard to get them back on track!

**Online quizzes and activities work well** because they're engaging, short and there is instant feedback.

**Make a list together of all the snacks in the house.** Agree on sensible prices for each snack (for example an apple – 5p, a bag of crisps – 15p). Give them an amount of money at the start of the day and once they've spent it all – no more snacks! A sanity saver for parents being constantly pestered for food, it teaches money management and you can recycle the same money day after day!



**Get outside when you can** – pull up weeds in the garden, play keepyuppies, race, make a map of the habitats in your garden and what insects live there, count how many birds visit – whatever takes their interest that encourages some fresh air!