Learning From Home Guide

Learning at home can seem daunting, but Chalkboard Publishing is here to help. This guide will give you a basic outline of what you need and how to plan your week. Keep in mind that flexibility is the key. So let's get set up!

chalkboard
Ready for anything!



- GETTING READY FOR LEARNING
- LEARNING FROM HOME
- WORKING FROM HOME
- PLANNING YOUR WEEK
- ASSIGN TASKS
- TIPS N' TRICKS FOR SUCCESS
- GIVING EFFECTIVE PRAISE
- IF THEY'RE STRUGGLING
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- WEEK 1 LEARNING SCHEDULE



Getting Ready for Learning

Be ready for learning by having writing tools, art supplies and paper at your fingertips. Work with what you have. For example, favourite books on your bookshelf can be used for reading response activities. These are the basic materials:

Printed Chalkboard worksheets

O Pencils, pens, coloured pencils, crayons

Notebooks or lined paper

O Duotangs or Folders

Blank paper for drawing

Colouring pages, printed off or from a colouring book

Build a consistent schoolwork routine and a love of learning by helping your child develop strong foundational study skills. Each day, choose an exercise that focuses on a subject or skill set that your child can develop along with other activities of their choice. For example practising math facts for speed and accuracy, creating a new cover for their favourite book or designing a board game. Switch up the activities based on your child's needs and interests; this will ensure your child is taking ownership of their learning while growing and building a variety of essential skills.

Learning From Home •

One Thing at a Time

Set aside a period of time for your child to learn each day. The whole family is adjusting to being at home. So turn off your electronic devices, set aside your work, and enjoy helping your child learn. Separate your working time, from your child's learning time.

2

Establish a Routine

Have a set time to learn each day. Once you establish a routine, your child will get used to it and will be happy and prepared to work. 3

Plan Ahead

Planning ahead helps you and your child to stay calmer and more relaxed while they learn. Scheduling activities your child can do independently will help keep your child busy and interested in their work. (A sample planner is provided.)

4

Stay Active

Getting your child moving each day helps to burn energy, keeps them healthy, and helps them focus. Any activity that will get them up and moving is good. Here are some ideas:

- ogo for a bike ride
- oplay a game in the yard
- odo yoga or aerobic exercise
- take the dog for a walk

Working From Home

Designate Time for Your Own Work

Make a set time each day to do your own work. It's often easiest to work in the early morning or at night when it's quiet. Choose a time when you concentrate best. 2

Make a To-Do List

To-do lists keep track of everyday chores and work-related tasks. When you know what needs to be done, you can plan when and how long you will need to do it.

3

Slow Down

Be willing to work at a slower pace for the time being. Give your children the attention and help they need.

4

Let Your Children Help You Out

Your children can help you out with work tasks as well as household chores. See the tasks table for ideas.



Planning Your Week

Make sure you keep the learning varied and interesting. You may wish to space out subjects and activities over the week. Don't do the same things every day. Keep things interesting!

You can work through the weeks of the daily skills books in order, or choose any weeks that are of interest.

The time fillers are just what their name implies: fun activities that can be used at any time to fill in the gaps.

Keep these general rules in mind:

- O Do different things every day.
- O Don't do too much at one time.
- Do whatever works for you and your child.

- Make learning fun whenever possible.
- Your child doesn't have to work every day. If a fun opportunity comes up, go with it!

Assign Tasks

Children feel important, helpful, and independent when they are given small tasks to do. Here are some ideas.

Age Group	Home Tasks	Work Tasks
2 to 3	match clean socksput away toysput recycling items in the bins	sort items into groupspack items into boxes
4 to 5	 tidy the bedroom make the bed sort clean laundry and match clean socks 	sort items into groupspack items into boxesgather items on a list
6 to 7	 sort, fold, and put away clean laundry put groceries away sweep floors wash dishes 	 sort items into alphabetical order make lists count items pack items
8 and up	 load and unload the dishwasher meal planning and preparation make sandwiches cook and bake with supervision 	 pack orders simple math calculations organize the workspace file papers

Tips n' Tricks For Success!

- O Designate A Quiet Study Space

 Make sure the area is well lit and free from big distractions such as a television. Keep interruptions to a minimum by keeping cell phone ringers off.
- Establish A Consistent Study Place & Time Set aside 20 minutes, preferably around the same time each day. This will help your child to develop a routine.
- Provide Necessary Learning Tools Be ready for learning by having writing tools, art supplies and paper at their fingertips.
- Come Up With A Fun Name
 Come up with a positive name for learning
 time, such as "Brain Stretch Time" "Brain
 Booster" or "Brain Aerobics." By doing so, your
 child will view it as something beneficial and
 fun, while taking ownership.

- Implement A Positive Reward System And Increase Motivation

 If you like, create a "surprise box" that contains fun items that your child will enjoy and allow them to choose something out of the box at certain milestones, for example, every three days. On a calendar, have your child mark off each day that
- Be Supportive And Available

 Be close by to act as a support as needed but no need to hover! It's important that you're around to answer questions and/or offer encouragement.

they complete all of their work.

Offer Process, Specific Praise

(ie: "I like the way you kept trying even when the problem became harder" as opposed to "good job!"). By taking this approach, your child will tie their academic successes to certain strategies and steps they're taking.

Need more examples? Read on!

Giving Effective Praise



Giving specific praise for your child's effort and process is an important aspect of their learning. By giving genuine praise and constructive feedback about their performance and efforts, you're teaching them to tie their successes with the strategies and steps they're taking. This will ultimately encourage your child to see themselves as capable and confident learners.

PRAISING YOUR CHILD!

Encourage confidence by promoting the process!



Praise the process



Focus on their efforts



Offer specific praise



Keep it simple and sincere



Be age appropriate



Do not overpraise

I like the way you... I noticed that you... Tell me how you...



used explored created decided chose



always focus on the process!

INSTEAD OF "GOOD JOB!"

TRY "I LIKE THE WAY YOU KEPT TRYING EVEN WHEN THE PROBLEM BECAME HARDER!"

HERE ARE SOME EXAMPLES! thought

If They're Struggling...

- Set aside homework time and space. To improve concentration, remove as many distractions as you can. Your child will work best if they're at a designated table in a quiet room with all screens and cell phones turned off.
- Build in planned breaks. Kids need to get up, move around, and do something they enjoy after spending some time concentrating on their work. Let them rest and recharge!
- Practice belly breathing. When your child is confronted with challenging tasks, they may experience anxiety. This anxiety can lead to avoidance, which is the opposite of concentration. Taking a deep breath will help.
- Break big tasks down into smaller, more manageable pieces. Then do one thing at a time. For some children, multitasking tends to reduce concentration and hinder overall understanding. So, don't look ahead at all the other problems or tasks, just focus on completing one thing at a time.

Use a timer. If your child is finding 20 minutes too long, that's okay. Using a timer, start off with 5 minutes, 10 minutes and then gradually build up to 20. Acknowledge and praise their ability to stay on task, as they improve their stamina.

Think of concentration as a muscle that needs systematic exercise to get stronger. Give your child the opportunity to regularly practise concentration. As a result, your child will improve their ability to maintain focus and attention for longer periods of time.



Logging Success

Day	How I Did	What I Did

Okay

Good

Try Again

Excellent



	O Language:	(pages 10- 11, Canadian Learning Advantage - Grade K)
	O Math:	(pages 98- 99, Canadian Learning Advantage - Grade K)
Monday	o Art:	(page 19-20, Canadian Art Ideas - Grade K-1)
	O Time Filler:	(Canadian Learning Advantage - Grade K Page 2)
	O Language:	(pages 12- 13, Canadian Learning Advantage - Grade K)
	O Phonics:	(pages 12- 13, Canadian Phonics - Grade K-1)
Tuesday	O Math:	(pages 100- 101, Canadian Learning Advantage - Grade K)
	o Art:	(page 67, pick an idea, Canadian Art Ideas K-1)
	O Time Filler:	(your choice , Canadian Time Fillers K-1)
	O Language:	(pages 14- 15, Canadian Learning Advantage - Grade K)
	O Math:	(pages 102-103, Canadian Learning Advantage - Grade K)
Wednesday	o Art:	(page 67, pick an idea, Canadian Art Ideas K-1)
	O Time Filler:	(your choice , Canadian Time Fillers K-1)
	O Language:	(pages 16- 17, Canadian Learning Advantage - Grade K)
	O Math:	(pages 104-105, Canadian Learning Advantage - Grade K)
Thursday	o Art:	(Page 67, pick an idea, Canadian Art Ideas K-1)
	O Time Filler:	(your choice , Canadian Time Fillers K-1)
	O Language:	(pages 18- 19, Canadian Learning Advantage - Grade K)
	O Math:	(pages 1006- 107, Canadian Learning Advantage - Grade K)
Friday	o Art:	(page 22, Canadian Art Ideas K-1)
Filday	O Time Filler:	(your choice , Canadian Time Fillers K-1)
		(Joan Sholes, Sandalah Time Finers IV 1)



	O Language:O Language:	consonants review from B to J (pages 3-9, Canadian Phonics Grade 1) Week 1 (pages 3-5, Canadian Daily Language Skills Grade 1)
Monday	o Math:	Week 5 (pages 13-15, Canadian Daily Math Skills Grade 1)
'''''''	O Science:	living and non-living things (pages 2-5, Canadian Daily STEM Skills Grade 1)
	o Time Filler:	
	O Lamburana	wooding startenies beginning and anding sounds (names C 17 Finish Starter and English Cands 1)
	O Language:	reading strategies, beginning and ending sounds (pages 6-13, Finish Strong: Math and English Grade 1)
	O Language:	Week 2 (pages 6-8, Canadian Daily Language Skills Grade 1)
Tuesday	O Math:	Week 7 (pages 19-21, Canadian Daily Math Skills Grade 1)
	O Science:	your five senses (pages 9-11, Canadian Daily STEM Skills Grade 1)
	O Time Filler:	rhymes, chants, and finger plays (pages 10-11, Canadian Time Fillers Grades K-1)
	O Language:	consonants review from K to R (pages 11-16, Canadian Phonics Grade 1)
	O Language:	Week 3 (pages 9-11, Canadian Daily Language Skills Grade 1)
Wednesday	o Math:	Week 7 (pages 19-21, Canadian Daily Math Skills Grade 1)
	O Science:	listen for sounds (pages 12-13, Canadian Daily STEM Skills Grade 1)
	O Time Filler:	printing practice (page 14, Canadian Time Fillers Grades K-1)
	O Language:	words with a short a sound (pages 16-17, Finish Strong: Math and English Grade 1)
	O Language:	Week 4 (pages 3-5, Canadian Daily Language Skills Grade 1)
Thursday	O Math:	Week 7 (pages 19-21, Canadian Daily Math Skills Grade 1)
	Science:	your five senses (pages 9-11, Canadian Daily STEM Skills Grade 1)
	o Time Filler:	super shape concentration (pages 42-46, Canadian Time Fillers Grades K-1)
	O Language:	consonants review from S to Z (pages 17-23, Canadian Phonics Grade 1)
Friday	O Language:	Week 5 (pages 15-17, Canadian Daily Language Skills Grade 1)
	O Math:	
	O Science:	Week 7 (pages 19-21, Canadian Daily Math Skills Grade 1)
		animals on the move and comparing living things (pages 14-15, Canadian Daily STEM Skills Grade 1)
	O Time Filler:	perfect patterns and super shapes (pages 49-51, Canadian Time Fillers Grades K-1)



	O Language:	beginning letter sounds (pages 5-6, Canadian Phonics Grade 2)
	O Language:	Week 1 (pages 3-5, Canadian Daily Language Skills Grade 2)
Monday	O Math:	Week 5 (pages 13-15, Canadian Daily Math Skills Grade 2)
	O Science:	mammals are animals (pages 2-3, Canadian Daily STEM Skills Grade 2)
	O Time Filler:	category craze game (page 2, Canadian Time Fillers Grades 2-3)
	O Language:	reading strategies, beginning and ending sounds (pages 6-13, Finish Strong: Math and English Grade 2)
	O Language:	Week 2 (pages 6-8, Canadian Daily Language Skills Grade 2)
Tuesday	O Math:	Week 7 (pages 19-21, Canadian Daily Math Skills Grade 2)
	O Science:	other kinds of animals, classify animals game (pages 4-6, Canadian Daily STEM Skills Grade 2)
	O Time Filler:	common proverbs and sayings (page 5, Canadian Time Fillers Grades 2-3)
	O Language:	ending letter sounds (pages 7-8, Canadian Phonics Grade 2)
	O Language:	Week 3 (pages 9-11, Canadian Daily Language Skills Grade 2)
Wednesday	O Math:	Week 4 (pages 10-12, Canadian Daily Math Skills Grade 2)
	O Science:	animals grow up (pages 7-9, Canadian Daily STEM Skills Grade 2)
	O Time Filler:	Canadian wildlife report (page 10, Canadian Time Fillers Grades 2-3)
	O Language:	reading strategies, beginning and ending sounds (pages 6-13, Finish Strong: Math and English Grade 2)
	O Language:	Week 4 (pages 12-14, Canadian Daily Language Skills Grade 2)
Thursday	O Math:	Week 11 (pages 31-33, Canadian Daily Math Skills Grade 2)
	O Science:	animals are built to live (pages 10-11, Canadian Daily STEM Skills Grade 2)
	O Time Filler:	Niagara Falls colour and learn (page 15, Canadian Time Fillers Grades 2-3)
	O Language:	beginning and ending letter sounds (pages 9-11, Canadian Phonics Grade 2)
	O Language:	Week 5 (pages 15-17, Canadian Daily Language Skills Grade 2)
Friday	o Math:	Week 14 (pages 40-42, Canadian Daily Math Skills Grade 2)
	O Science:	animal body coverings (pages 12-13, Canadian Daily STEM Skills Grade 2)
	O Time Filler:	retell a story (pages 23-25, Canadian Time Fillers Grades 2-3)



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	O Language:	Week 1 (pages 3-5, Canadian Daily Language Skills Grade 3)
	O Math:	Week 3 (pages 7-9, Canadian Daily Math Skills Grade 3)
Monday	Science:	what plants need (pages 2-3, Canadian Daily STEM Skills Grade 3)
	O Math:	arrays (pages 2-4, Canadian Multiplication Skills)
	O Time Filler:	child's choice
	O Language:	words with a short a sound and a short e sound (pages 10-11, Finish Strong: Math and English Grade 3)
	O Language:	Week 2 (pages 6-8, Canadian Daily Language Skills Grade 3)
Tuesday	O Math:	Week 5 (pages 13-15, Canadian Daily Math Skills Grade 3)
	O Science:	experiment with growing seeds (pages 10-12, Canadian Daily STEM Skills Grade 3)
	o Math:	introduction to division (page 2-6, Canadian Division Skills)
	O Language:	Week 3 (pages 9-11, Canadian Daily Language Skills Grade 3)
	O Math:	Week 7 (pages 19-21, Canadian Daily Math Skills Grade 3)
Wednesday	O Science:	how seeds travel (pages 15-16, Canadian Daily STEM Skills Grade 3)
	O Math:	multiplying by skip counting (pages 5-6, Canadian Multiplication Skills)
	O Time Filler:	child's choice
	O Language:	words with a short i sound and a short o sound (pages 12-13, Finish Strong: Math and English Grade 3)
	O Language:	Week 4 (pages 12-14, Canadian Daily Language Skills Grade 3)
Thursday	O Math:	Week 9 (pages 25-27, Canadian Daily Math Skills Grade 3)
	O Science:	what forces can do (pages 24-25, Canadian Daily STEM Skills Grade 3)
	O Math:	dividing by skip counting (pages 7-9, Canadian Division Skills)
	O Language:	Week 5 (pages 15-17, Canadian Daily Language Skills Grade 3)
	O Math:	Week 11 (pages 31-33, Canadian Daily Math Skills Grade 3)
Friday	O Science:	magnetic forces (pages 28-29, Canadian Daily STEM Skills Grade 3)
	O Math:	addition and multiplication (pages 8-9, Canadian Multiplication Skills)
	O Time Filler:	child's choice

	O Language:	Week 1 (pages 3-5, Canadian Daily Language Skills Grade 4)
	O Math:	Week 3 (pages 7-9, Canadian Daily Math Skills Grade 4)
Monday	Science:	pulleys (pages 24-25, Canadian Daily STEM Skills Grade 4)
	O Math:	addition and multiplication (pages 7-9, Canadian Multiplication Skills)
	O Time Filler:	child's choice
	O Language:	the goose and the golden egg (pages 12-13, Finish Strong: Math and English Grade 4)
	O Language:	Week 2 (pages 6-8, Canadian Daily Language Skills Grade 4)
Tuesday	O Math:	Week 4 (pages 10-12, Canadian Daily Math Skills Grade 4)
	O Science:	making pulleys (pages 26-27, Canadian Daily STEM Skills Grade 4)
	o Math:	relating multiplication to division (pages 10-12, Canadian Division Skills)
	O Language:	Week 3 (pages 9-11, Canadian Daily Language Skills Grade 4)
	O Math:	Week 6 (pages 16-18, Canadian Daily Math Skills Grade 4)
Wednesday	O Science:	gears (pages 28-30, Canadian Daily STEM Skills Grade 4)
	O Math:	multiplication fun and match up fun (pages 7 and 10, Canadian Multiplication Skills)
	O Time Filler:	child's choice
	O Language:	nouns, common nouns, and proper nouns (pages 35-36, Finish Strong: Math and English Grade 4)
	O Language:	Week 4 (pages 12-14, Canadian Daily Language Skills Grade 4)
Thursday	O Math:	Week 8 (pages 22-24, Canadian Daily Math Skills Grade 4)
	O Science:	gears and direction (pages 33-34, Canadian Daily STEM Skills Grade 4)
	O Math:	dividing by 2 and math riddle (pages 19-20, Canadian Division Skills)
	O Language:	Week 5 (pages 15-17, Canadian Daily Language Skills Grade 4)
	O Math:	Week 10 (pages 28-30, Canadian Daily Math Skills Grade 4)
Friday	O Science:	bevel gears and direction (pages 35-36, Canadian Daily STEM Skills Grade 4)
	O Math:	using doubles to multiply (pages 12-13, Canadian Multiplication Skills)
	O Time Filler:	child's choice

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	O Language:	Week 1 (pages 3-5, Canadian Daily Language Skills Grade 5)
	O Math:	Week 5 (pages 13-15, Canadian Daily Math Skills Grade 5)
Monday	O Science:	respiratory system (pages 2-4, Canadian Daily STEM Skills Grade 5)
	O Math:	relating multiplication to addition (page 14, Canadian Multiplication Skills)
	O Time Filler:	child's choice
	O Language:	(pages 6-13, Finish Strong: Math and English Grade 5)
	O Language:	Week 2 (pages 6-8, Canadian Daily Language Skills Grade 5)
Tuesday	O Math:	Week 8 (pages 22-24, Canadian Daily Math Skills Grade 5)
	O Science:	circulatory system (pages 6-7, Canadian Daily STEM Skills Grade 5)
	o Math:	using arrays to find the quotient (pages 13-15, Canadian Division Skills)
	O Language:	Week 3 (pages 9-11, Canadian Daily Language Skills Grade 5)
	O Math:	Week 12 (pages 34-36, Canadian Daily Math Skills Grade 5)
Wednesday	O Science:	digestive system (pages 8-9, Canadian Daily STEM Skills Grade 5)
	O Math:	math riddle: multiplying two digits by one digit (page 69, Canadian Multiplication Skills)
	O Time Filler:	child's choice
	O Language:	Finish Strong: Math and English Grade 5
	O Language:	Week 4 (pages 12-14, Canadian Daily Language Skills Grade 5)
Thursday	O Math:	Week 10 (pages 29-30, Canadian Daily Math Skills Grade 5)
	O Science:	bones, skeleton, and muscles (pages 10-12, Canadian Daily STEM Skills Grade 5)
	O Math:	math riddle: divide by 1, 2, and 3 (page 26, Canadian Division Skills)
	O Language:	Week 5 (pages 15-17, Canadian Daily Language Skills Grade 5)
	O Math:	Week 18 (pages 52-54, Canadian Daily Math Skills Grade 5)
Friday	O Science:	nervous system (pages 13-15, Canadian Daily STEM Skills Grade 5)
	O Math:	using doubles to multiply (pages 12-13, Canadian Multiplication Skills)
	O Time Filler:	child's choice

	O Language:	Week 1 (pages 3-5, Canadian Daily Language Skills Grade 6)
	O Math:	Week 3 (pages 7-9, Canadian Daily Math Skills Grade 6)
Monday	Science:	classifying organisms (pages 4-5, Canadian Daily STEM Skills Grade 6)
	O Math:	multiplying by hundreds and thousands (pages 61-62, Canadian Multiplication Skills)
	O Time Filler:	child's choice
	O Language:	Harry and Katniss (pages 30-31, Finish Strong: Math and English Grade 6)
	O Language:	Week 2 (pages 6-8, Canadian Daily Language Skills Grade 6)
Tuesday	O Math:	Week 6 (pages 16-18, Canadian Daily Math Skills Grade 6)
	O Science:	animal kingdom (pages 6-7, Canadian Daily STEM Skills Grade 6)
	o Math:	missing dividends: division facts (pages 58-59, Canadian Division Skills)
	O Language:	Week 3 (pages 9-11, Canadian Daily Language Skills Grade 6)
	O Math:	Week 15 (pages 43-45, Canadian Daily Math Skills Grade 6)
Wednesday	O Science:	forgotten kingdoms (pages 8-9, Canadian Daily STEM Skills Grade 6)
	O Math:	using patterns to multiply by 9 (page 45, Canadian Multiplication Skills)
	O Time Filler:	child's choice
	O Language:	common nouns and proper nouns (pages 37-38, Finish Strong: Math and English Grade 6)
	O Language:	Week 4 (pages 12-14, Canadian Daily Language Skills Grade 6)
Thursday	O Math:	Week 12 (pages 34-36, Canadian Daily Math Skills Grade 6)
	O Science:	short history of flight (pages 28-29, Canadian Daily STEM Skills Grade 6)
	O Math:	using blocks to divide (pages 63-64, Canadian Division Skills)
	O Language:	Week 5 (pages 15-17, Canadian Daily Language Skills Grade 6)
	O Math:	Week 10 (pages 28-30, Canadian Daily Math Skills Grade 6)
Friday	O Science:	flying, and building an aircraft (pages 30-32, Canadian Daily STEM Skills Grade 6)
	O Math:	multiplying by hundreds and thousands (pages 61-62, Canadian Multiplication Skills)
	O Time Filler:	child's choice