



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!

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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
- Notebooks or lined paper
- Blank paper for drawing
- Pencils, pens, coloured pencils, crayons
- Duotangs or Folders
- 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

1

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:

- go for a bike ride
- play a game in the yard
- do yoga or aerobic exercise
- take the dog for a walk

Working From Home

1

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:

- Do different things every day.
- 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	<ul style="list-style-type: none">match clean socksput away toysput recycling items in the bins	<ul style="list-style-type: none">sort items into groupspack items into boxes
4 to 5	<ul style="list-style-type: none">tidy the bedroommake the bedsort clean laundry and match clean socks	<ul style="list-style-type: none">sort items into groupspack items into boxesgather items on a list
6 to 7	<ul style="list-style-type: none">sort, fold, and put away clean laundryput groceries awaysweep floorswash dishes	<ul style="list-style-type: none">sort items into alphabetical ordermake listscount itemspack items
8 and up	<ul style="list-style-type: none">load and unload the dishwashermeal planning and preparationmake sandwichescook and bake with supervision	<ul style="list-style-type: none">pack orderssimple math calculationsorganize the workspacefile papers

Tips n' Tricks For Success!

- **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 they complete all of their work.
- **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.
- **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

HERE ARE SOME EXAMPLES!

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



thought
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!"**

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
	★ ★ ★ ★	
	★ ★ ★ ★	
	★ ★ ★ ★	
	★ ★ ★ ★	
	★ ★ ★ ★	
	★ ★ ★ ★	
	★ ★ ★ ★	

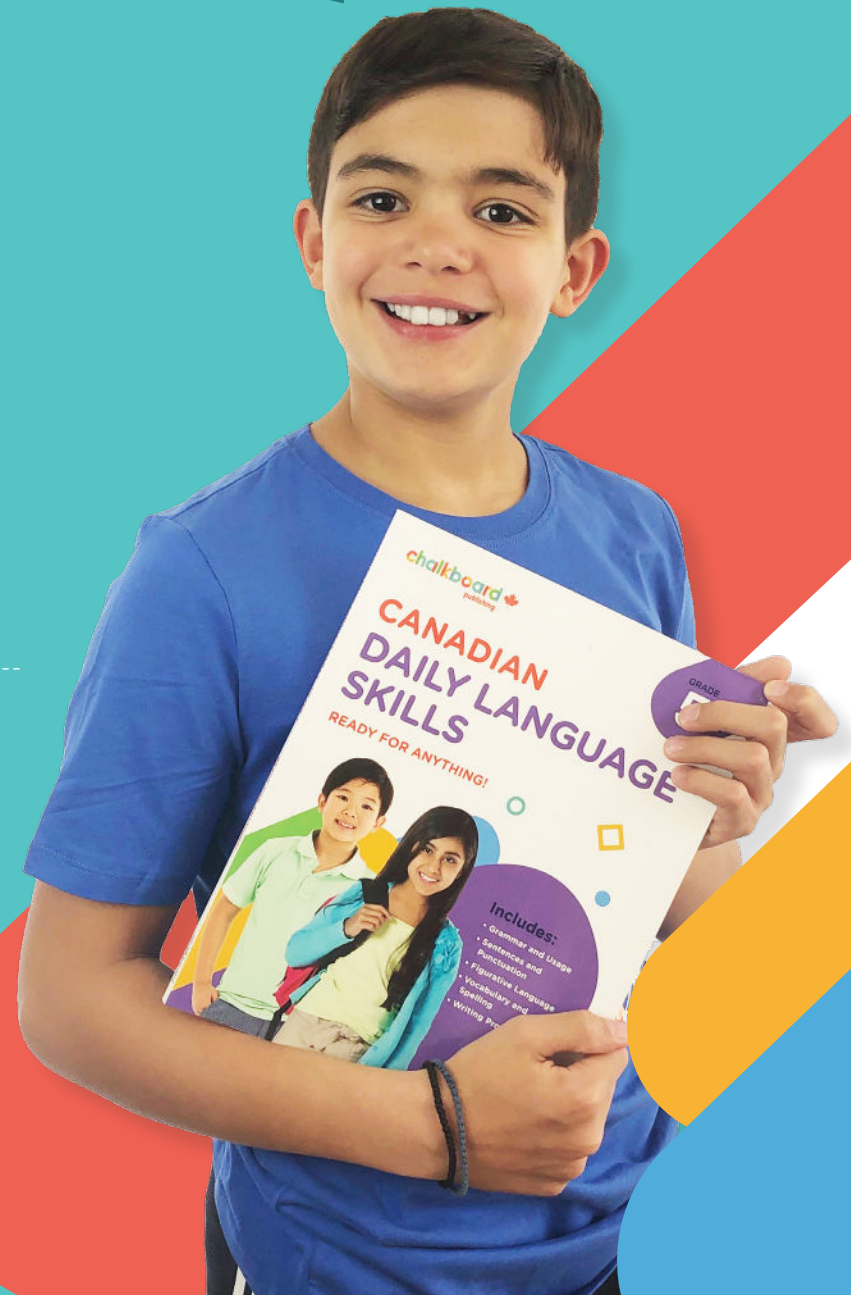
★ ★ ★ ★
Excellent

★ ★ ★
Good

★ ★
Okay

★
Try Again

Ready, Set, Go!



chalkboard
publishing

CANADIAN DAILY LANGUAGE SKILLS

READY FOR ANYTHING!

Includes:

- Grammar and Usage
- Sentences and Punctuation
- Figurative Language
- Vocabulary and Spelling
- Writing Process