

# 5 TIPS FOR STRESS-FREE SCHOOL WORK @ HOME

## ✓ Structure & Routine

- Create a schedule that works for both parent and child
- Include “brain” breaks and wiggle breaks
- Run through the daily routine before starting the day

## 🕒 Reminders

- Have a visual hand-held timer for your child when creating small breaks (phone 📱, kitchen timer 🕒, microwave timer, hourglass 🕒)
- Go over the schedule after lunch
- Set aside time for “fun” activities

## 📝 Common Core Help

- Youtube has additional videos in math and ELA standards
- Take a break and walk away
- Its OK to ask for help and say “I dont know” but let's work together

## 🏆 Rewards

- Positive reinforcement with praise reports
  - (stickers or a checklist to earn a reward for the end of the week)
- Let your child earn extra “reward” time for staying on task
- Celebrate at the end of the week
  - (ie. family movie night, special treat, game time)

## 💡 Reflection

- Share your PITS & PEEKS of the day (your HIGHS and LOWS)
- Ask your child questions about the work/the day
- Talk about what you are looking forward to for the next day/week