



Routines and Expectations for Successful Learning

Jill Schindler, School Psychologist
Amanda Lewis, First Grade Teacher
Jameelah Jefferson, First Grade Teacher

Agenda



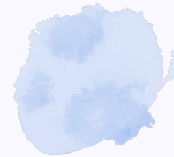
Routine tips



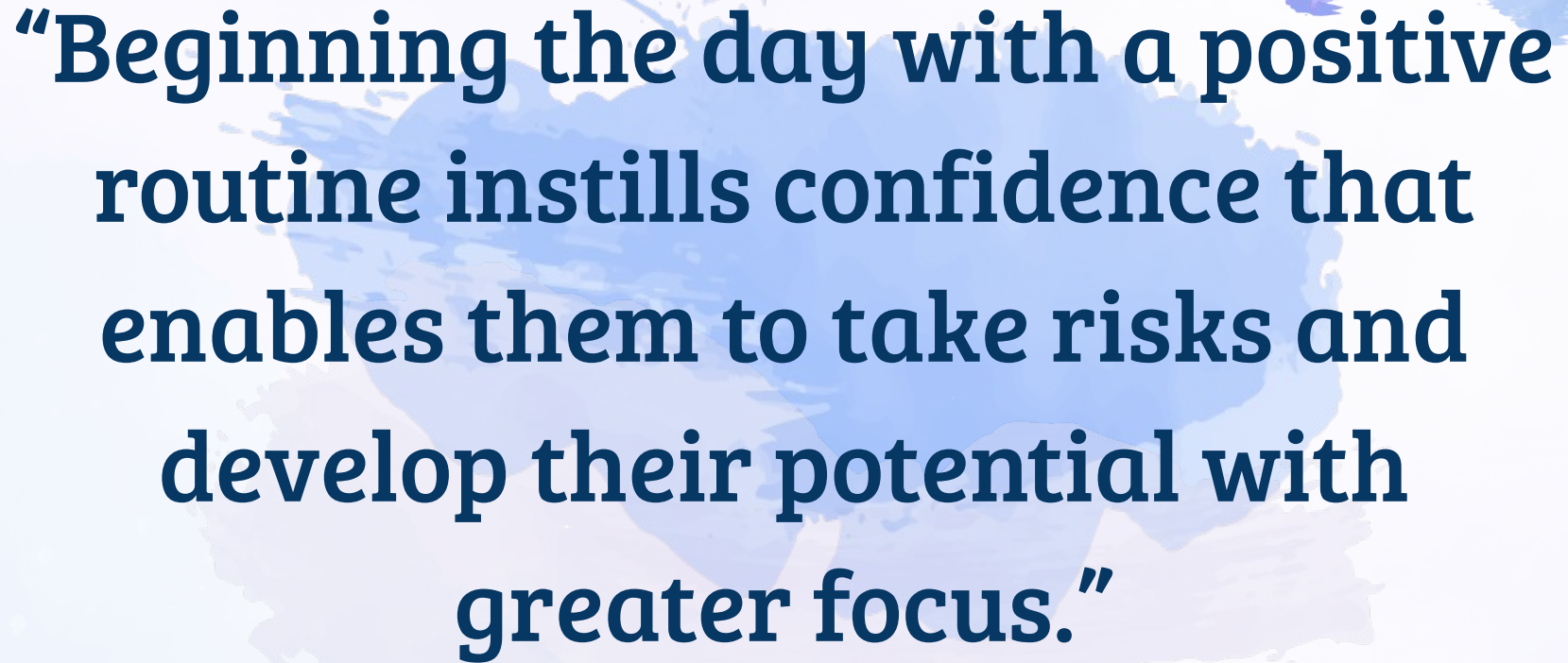
Organization tips



Set a frustration
plan



Calming tools/space



“Beginning the day with a positive routine instills confidence that enables them to take risks and develop their potential with greater focus.”

Specialized Therapy for Children & Families, LLC

Routine

If there is a lack of motivation, try spending time each day to discuss the daily schedule and highlight events to look forward to

- A special snack, preferred lunch, a certain class, or a preferred activity at break time
- Keep it fun: Set family spirit days like “sports day” where the family wears jerseys & does sports-related activities during break

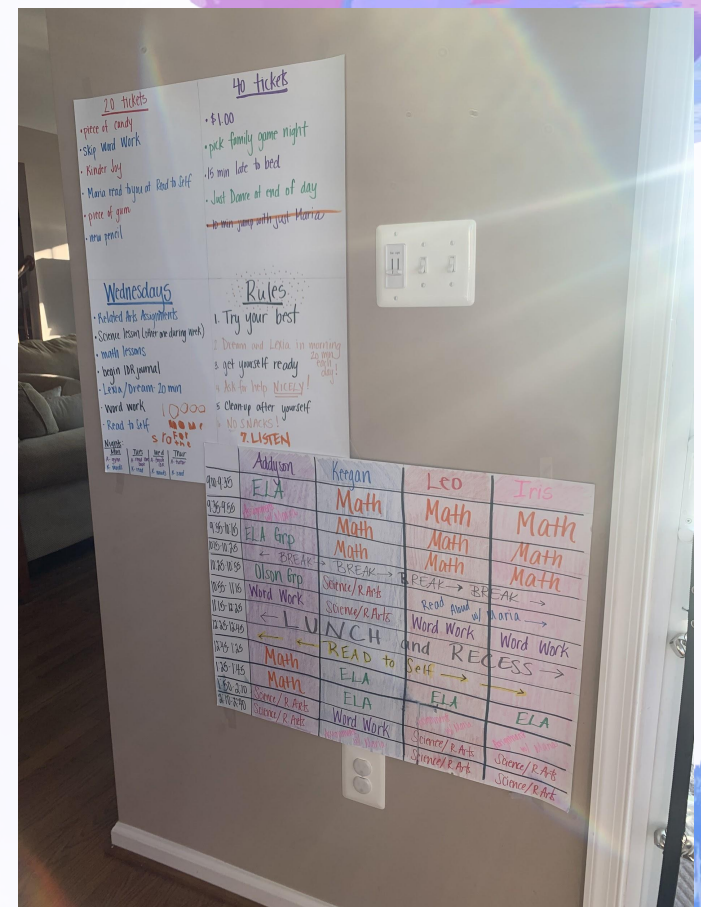
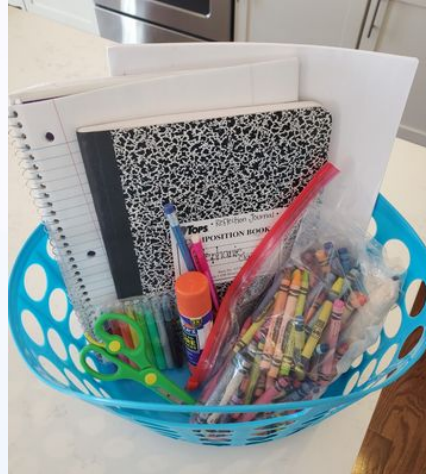


Organization

- Explain to your child what it means to be organized and why it's important
- Similar to the classroom desk, help your child organize a place for all school supplies
- Revisit your child's desk often to reorganize and refill
- Use labels to help keep things organized
- Clean up at the end of class/day
- Journal Organization: date each page, don't skip pages, use the back of each page, use the correct journal, use a sticky note/paper clip to mark current work

Quick at home tips:

Create a bin with all school supplies.



Post the schedule, rules, rewards in view.

Have a quite, designated Learning space away from distractions



Set Expectations

Help your child see a connection between expectations at school & expectations in the virtual learning space

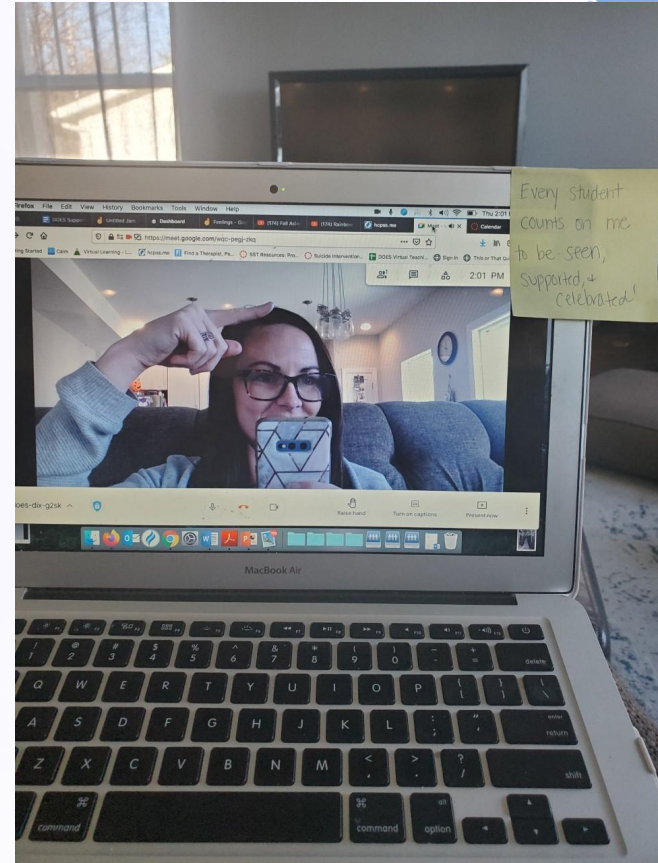
Complete the DIVE Chart together

	Virtual Check-in: Google Meet	Independent Learning at Home	Non-Learning Time at Home
Dependable			
Involved & Organized			
Very Respectful			
Effortful			

Quick tip:

Place a sticky note at the corner of the computer screen to keep your child motivated:

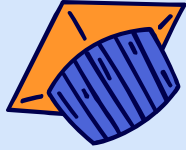
- positive affirmation or love note
- check off list of task to complete for the day
- A daily/weekly goal (tally chart)
- Reward child is working towards



Have a Frustration Plan

- Talk with your child about what to do if they need help or get frustrated
- Create a list (pictures) of these ideas and keep it visual in the learning space
- Practice and rehearse using the list
- Create a calming area in the home
 - Practice using calming tools & set clear expectations
 - Consider the 5 senses
 - Calming Box ideas: fidgets, gum, stress ball, lavender scents, timer, book, putty, play dough, music





Navigating Your Child's Virtual Learning Schedule





Stephanie Dix, School Counselor
Becky Vandenberg, Grade 4 Teacher
Ashton Sullivan, Grade 2 Teacher





Agenda



-  Visual schedule
-  Built-in breaks
-  Use of timers/alarms as reminders
-  Canvas tips

Visual Schedule

Help your child feel a sense of control managing their own schedule

- Make it visual in the learning space
- Put the printed schedule inside of a clear protective sleeve. Using a dry-erase marker, you can add events that do not occur regularly such as a special lunch or a fun activity at break.

SAMPLE SCHEDULE

	Monday	Tuesday	"On your own!" Wednesday	Thursday	Friday
8:00-8:35 Teacher Name: Meet Code: Code here 8:35-10:15	Use Whole Group E.L.A. 	Use Whole Group E.L.A. 	LexiaCore (15-20 min) 	Use Whole Group E.L.A. 	Use Whole Group E.L.A.
When not in E.L.A. classes, use your own time for writing or...	Small Group Rotations 	Small Group Rotations 	Dreambox (20 min) 	Small Group Rotations 	Small Group Rotations
8:55-10:15 Reading Group Code here	Small Group 	Small Group 	Health Task (finish any class assignments) 	Small Group 	Small Group
10:20-11:15 Independent Work (on your own!)	Lexia Core5 	Lexia Core5 	Related Arts (Check your Canvas Calendar!)	Lexia Core5 	Dreambox
11:15-12:45	Canvas Task (find in Canvas Course) 		Canvas Task (find in Canvas Course) 		
12:15-12:45	LUNCH and Read to Self 15min	LUNCH and Read to Self 15min	LUNCH and Read to Self 15min	LUNCH and Read to Self 15min	LUNCH and Read to Self 15min
12:45-1:15 Code: Code here	Use Whole Class Math Lesson 	Use Whole Class Math Lesson 	Math Lesson- check your math teacher's Canvas page for lesson 	Use Whole Class Math Lesson 	Use Whole Class Math Lesson
1:55-2:40 "On your own!"	Dreambox (15 min) 	Dreambox (15 min) 		Dreambox (15 min) 	Dreambox (15 min)
2:50-3:40 Related Arts OR Canvas	Use Related Arts Meet Code: Code here	Use Social Studies Meet Code: Code here		Use Related Arts Meet Code: Code here	Use Social Studies Meet Code: Code here

's Daily Schedule Monday and Thursday

Codes:

DOES- DOES- DOES-

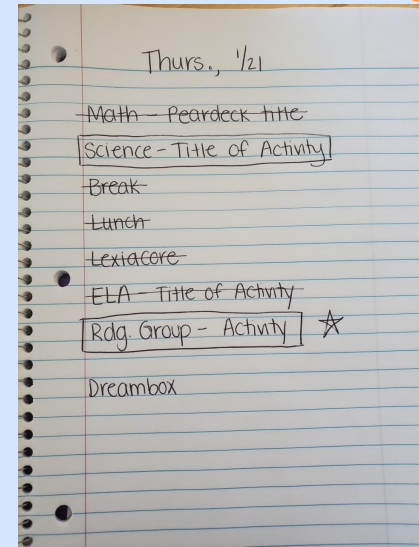
TIME	ACTIVITY
9:00-9:15	
9:15-10:15	
10:15-10:25	Stretch Break!
10:25-11:15	
11:20-12:45	Lunch
12:45-1:45	
1:45-1:50	Stretch Break!
1:50-2:40	
2:50-3:40	

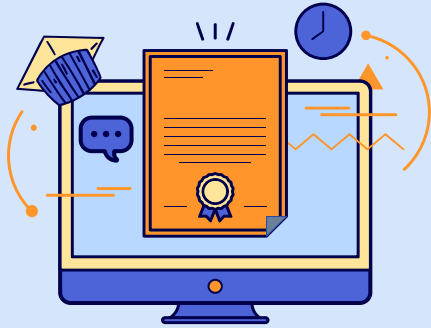
Consider adding the Teacher's Office Hours to the schedule in anticipation of joining!

Visual Schedule

Make it more manageable...

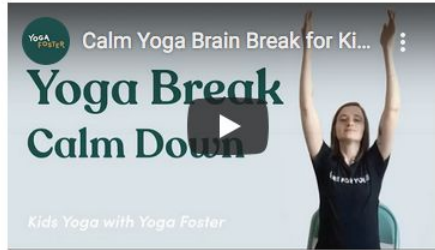
- Create a daily checklist after viewing expectations on Canvas
- Student can cross tasks off throughout the day
 - Journal
 - Sticky note
 - White board
- Checklists are especially helpful on Wednesdays





Build in Breaks

- Place water bottle across the room so they take a short walk to get it (while still in class)
- Consider changing up the learning scenery: New posters, moving the char, standing desk



Soothing Yoga Burst (10mins)

Practice gentle, restful poses to relieve tension and increase a sense of peace. Move through simple, seated yoga poses and breath deeply.

Great for: After lessons, bedtime





Quick Tip: Use a timer!

- Teach your child how to use a timer to remind them of class schedule or to structure a break
 - Use of tools like Alexa, an old phone, kitchen timer, online timer

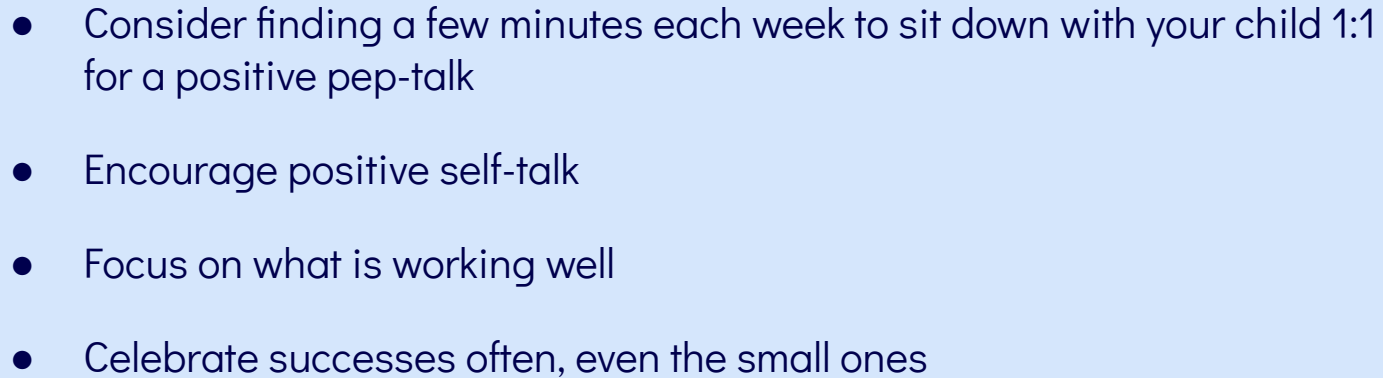
Build Confidence with Positive Praise

- Easy reward system similar to our “Blue Ticket” system in school
- Set clear expectations of earning behavior together first such as completion of tasks, attending class, persistent effort
- Determine rewards together so your child knows what they are working for





Build Confidence with Positive Praise

- 
- Consider finding a few minutes each week to sit down with your child 1:1 for a positive pep-talk
 - Encourage positive self-talk
 - Focus on what is working well
 - Celebrate successes often, even the small ones



Canvas Tips

Build confidence and increase a sense of control by asking your child to show you around his/her Canvas pages

Ask questions such as,

“How do you turn a task in to your teacher?”

“How do you know the grade you earned on a task?”

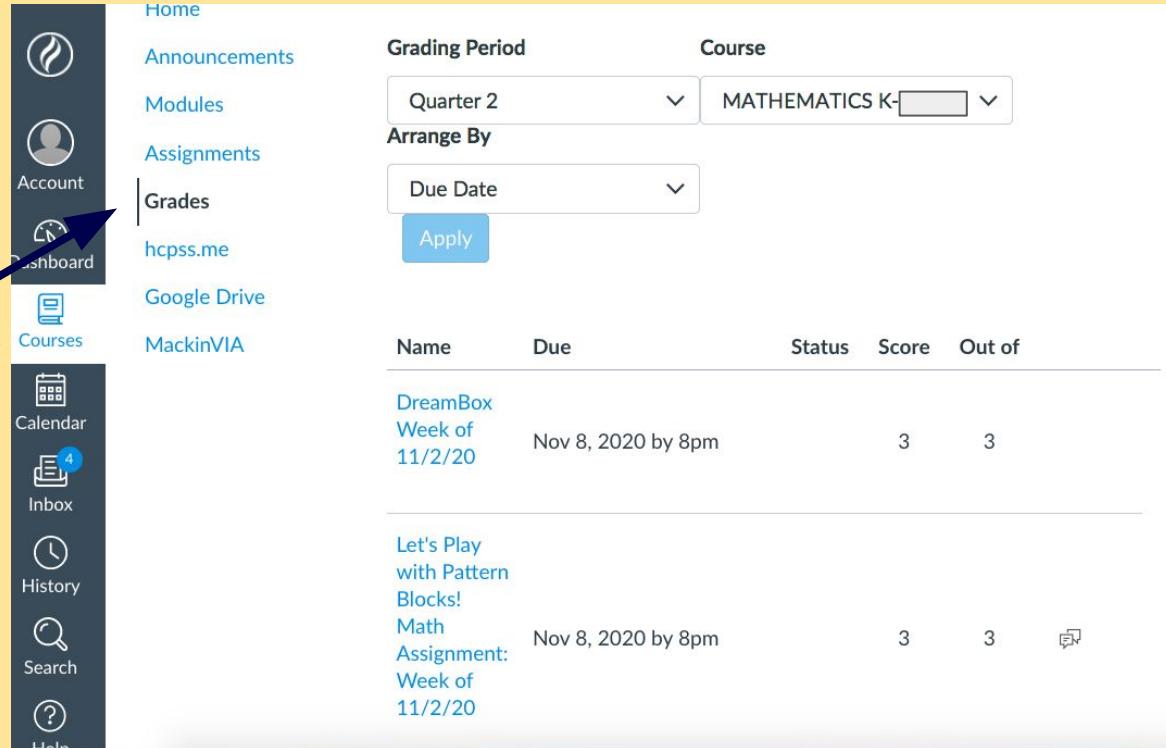
“What do your announcements look like?”

“Can you show me the page of your favorite class right now?”

Encourage use of the Calendar to stay organized

The screenshot displays the HCPSS System Calendar interface. At the top, there are navigation controls: 'Today', navigation arrows, 'January 2021', and view options for 'Week', 'Month', 'Agenda', and '+'. The main calendar grid shows a weekly view from Sunday to Saturday. The days of the week are labeled: SUN, MON, TUE, WED, THU, FRI, SAT. The calendar shows various activities and assignments for each day, including '8p Assignment - Handwriting Practice', '8p DreamBox', '8p Lexia', '8:59p Counting to 50', '9a SEL/Math', '9a SEL/Math', '9a SEL/Math', '9a SEL/Math', '9a SEL/Math', '9a SEL/Math', '10:25a ELA Group 1', '10:25a ELA Group 1', '10:25a ELA Group 1', '10:25a ELA Group 1', '10:25a ELA Group 1', '10:25a ELA Group 1', '12:45p ELA Whole Class', '12:45p ELA Whole Class', '12:45p ELA Whole Class', '12:45p ELA Whole Class', '12:45p ELA Whole Class', '12:45p ELA Whole Class', '1:05p ELA Group 2', '1:05p ELA Group 2', '1:05p ELA Group 2', '1:05p ELA Group 2', '1:05p ELA Group 2', '1:05p ELA Group 2', '1:25p ELA Group 3', '1:25p ELA Group 3', '1:25p ELA Group 3', '1:25p ELA Group 3', '1:25p ELA Group 3', '1:25p ELA Group 3', '1:50p ART-K KEENAN (ART-K)', '1:50p Music • K • Reynold', '1:50p Music • K • Nicol', '1:50p Technology Google Meet (TEC-K-I)', 'Eric Carle - The Very Quiet Cricket (LB-K)', '8p Assignment - Handwriting Practice', '8p Assignment - Handwriting Practice', '8p Assignment - Handwriting Practice', '8p Assignment - Handwriting Practice', '8p Assignment - Handwriting Practice', '8p Assignment - Handwriting Practice', 'Quiz Asynchronous Lesson 7 - January 4 - January 20', 'Quiz Asynchronous Lesson 7 - January 4 - January 20', 'Quiz Asynchronous Lesson 7 - January 4 - January 20', 'Quiz Asynchronous Lesson 7 - January 4 - January 20', 'Quiz Asynchronous Lesson 7 - January 4 - January 20', 'Quiz Asynchronous Lesson 7 - January 4 - January 20'. On the right side, there is a smaller calendar view for 'January 2021' with a date grid and a list of 'CALENDARS' including 'ART K-Giro-EY-LIES', 'Grade K LiES', 'HEALTH EDUCATION K-Keenan-EY-LIES', 'Inst Tech Gr K K-Bennett-EY-LIES', 'LANGUAGE ARTS K-Keenan-FY-LIES', 'Lib Med GR K K-Hastings-EY-LIES', and 'Elementary School'. There is also an 'UNDATED' section at the bottom.

Canvas Tips: Pay attention to the Grades Tap



The screenshot displays the Canvas LMS interface. On the left is a dark navigation sidebar with icons for Home, Announcements, Modules, Assignments, Grades, Dashboard, Courses, Calendar, Inbox (with a notification badge), History, Search, and Help. The main content area shows the 'Grades' page for a course. At the top, there are filters for 'Grading Period' (Quarter 2) and 'Course' (MATHEMATICS K-...), and an 'Arrange By' dropdown set to 'Due Date'. Below these is an 'Apply' button. The main content is a table of grades with columns for Name, Due, Status, Score, and Out of.

Name	Due	Status	Score	Out of
DreamBox Week of 11/2/20	Nov 8, 2020 by 8pm		3	3
Let's Play with Pattern Blocks! Math Assignment: Week of 11/2/20	Nov 8, 2020 by 8pm		3	3



Facilitating Your Child's Social & Emotional Well-Being

Presented by: Aubrey Roesener and Jocelyn Forrest

Agenda



- 😊 Increase positivity
- 😊 Create a plan for challenges
- 😊 Increase connections
- 😊 Co-Regulation Strategies



Increase positivity

- Frequent positive praise
 - “I heard how you persisted through math today.”
 - “Seeing how dependable you are with virtual school is awesome!”
 - “I can tell you put a lot of effort into this.”
- Family mantra
- Make learning area fun, personalized

Plan Ahead for Challenges

Set aside time to talk about what to do the next time a challenge pops up

- Create a chart or visual list of ideas your child comes up with
- PRACTICE! Role play different scenarios together
- Include things he/she can say and do
 - Calming area

My GETTING UNSTUCK Spinner

HOW TO MAKE

1 Cut out the wheels on pages 2 and 3.
Card stock paper works really well.



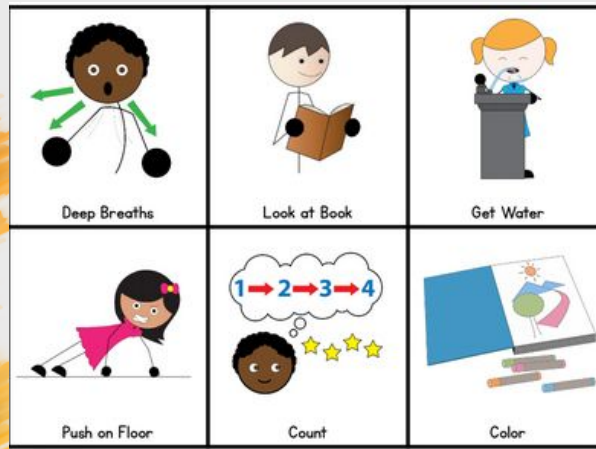
2 Poke small holes in the center of each wheel with a sharp pencil. Only poke enough to puncture the paper so you don't have a large hole.



3 Place the "When I Feel Stuck, I Can" wheel on top of the prompts wheel. Push the brad fastener in the center of both wheels, flip around and spread the brad prongs apart to secure.



Visual Examples





Increase Connections

Family Connections

- Journaling between child & adult
- Family Lists on gratitude, goals, strengths

Friend Connections

- Video chats
- Connecting through games
- Mailing postcard



Co-Regulate

Focus on the feeling, not the behavior

- Listen and validate emotions

“It is okay to be angry, let’s choose a way to work through this feeling safely.”

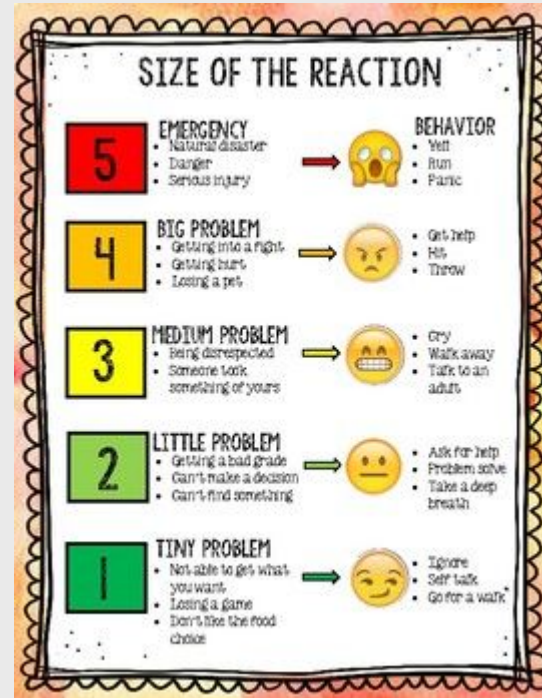
- Help your child name the feeling
 - Use calming area together
- Model: Share your feelings out loud

“I am feeling overwhelmed, I am going to take a 2 minute break upstairs.”

“I am feeling very frustrated, will you take deep breaths with me?”

Size of the Problem

Help your child understand the relationship between the size of the problem and the size of their reaction.





Co-Regulate

Neuroscience research shows that simply naming your feeling, acknowledging it out loud instead of holding it in, is a critical first step in decreasing the intensity.

- **Normalize it:** Talk about your feelings often, when you're driving somewhere, as you walk the dog, as you organize the room
- **Notice them:** Discuss feelings and coping strategies when you see them on TV or in movies
- **Make it fun with a strategies hunt:** Explore the internet for ideas on calming strategies that you and your child(ren) want to try. Create a list and rate each one as you try them!



How to respond

Responding to negative talk takes practice.

If your child says something like, “I am stupid.” or “I feel ugly.” try **responding with empathy** instead of denying the feeling.

“I am sorry you feel this way. It must be very hard. I wish you could see yourself like I do.”

“You feel like you don’t look good enough? Do you want to brainstorm ideas on how to feel better?”

“That’s a heavy feeling. Can you tell me more about it?”

“I am sorry to hear that you feel this way. What makes you think that?”

Healthy Habits

Eat Healthy snacks and meals!

Add Exercise to EVERY day!

Get SLEEP- Stay on schedule!



Resources & Credits

Feel free to contact a member of our Student Service Team for additional support or resources:

Stephanie Dix, School Counselor:
Stephanie_Dix@HCPSS.org

Jill Schindler, School Psychologist:
Jill_Schindler@HCPSS.org

Aubrey Roesener, School Psychologist:
Aubrey_Roesener@HCPSS.org

OR

[Howard County Bureau of Behavioral Health](https://www.hcpss.org/behavioral-health)
410-313-6202

- Presentation template by [SlidesCarnival](https://www.slidescarnival.com)
- Photographs by [Unsplash](https://www.unsplash.com)