Online Learning Tips

Schedule

- Provide your child a written or picture schedule that includes designated break times
- Encourage kids to cross off completed tasks/activities
- Give warnings before transitions and/or changes
- Stick to your schedule as best as possible

Environment

- Create a quiet, clutter-free workspace
- Provide natural lighting
- Reduce distractions (electronic devices, TV, music, toys, pets, etc.)
- Ensure easy accessibility to materials and supplies

Positioning

Don't expect your child to stay in one position for the entire day and allow them to change positions every 20-30 minutes.

Ideally, your child should be sitting with hips, knees, and elbows at 90 degrees. Use the following tips to achieve good positioning:

- Support their feet with a stool or stacked up books
- Use pillows behind your child's back and under their bottom
- Elevate the computer so your child's neck is neutral and the screen is eye level

Provide alternatives to traditional sitting:

Sensory Breaks

Provide opportunities for sensory breaks throughout the day (before, during, and after school) such as:

- Movement activities involving pushing, pulling, climbing, or jumping
- Yoga/stretching
- Deep breathing
- Listening to rhythmic music (Mozart, nature sounds)
- Crunchy snacks