

Distance Learning Tips and Tricks



1. Set a routine. Have your student complete their work at (roughly) the same time every day.
2. Establish a specific homework/Google Classroom area in your home. If possible, it is best if it is in a quiet area, **away from distractions**.
3. Set up "brain breaks." Physical activity is a great way to spend time away from



screens, it releases endorphins and encourages a healthy lifestyle.



4. Help your child with time management techniques, for example:
 - a. Find out what time during the day your child works best, morning or afternoon?
 - b. Breaking larger tasks or homework assignments into smaller chunks
 - c. Using a planner to keep everything organized



5. Provide positive feedback or praise
6. Try to be as flexible as possible. If something doesn't go as planned, try again, ask for help, or change up your strategy.



7. Help your student stay in touch with friends.

8. Reach out to your child's teacher, communication is one of the best tools for success.



TAKE CARE



OF YOURSELF

9. Encourage your child to reach out to their teachers. Middle school is a great time to start encouraging your child to self-advocate.

10. Practice self-care. Make sure you are taking care of yourself, and your child is practicing self-care as well.

As always, please reach out to the Thunderbolt Counseling Office if you need additional support, we are here for you! Contact us by phone 928-854-7477 or email.

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