






## Creating a Home Learning Environment

Setting up a home learning environment can be fun, especially when you have tools to support you! Below you will find some visual supports to get you started.

### 1. What do you need to think about when setting up a workspace?

## Setting up a workspace

<b>Make Space</b>	 <ul style="list-style-type: none"><li>- Space for my child/children to learn?</li><li>- Space may vary based on activity.</li><li>- Comfortable?</li><li>- Is the lighting okay?</li></ul>
<b>Limit Distractions</b>	 <ul style="list-style-type: none"><li>- How can I limit noise, TV, social media...?</li><li>- Can I have one child do a quiet activity while I work with another?</li><li>- Strategies: headphones, cardboard carrel</li></ul>
<b>Create Structure</b>	 <ul style="list-style-type: none"><li>- Can I create a predictable schedule or routine for learning at home?</li><li>- Include breaks, food, movement, rest, play</li><li>- Strategies: choice, schedule, checklist, timer, visuals</li></ul>
<b>Access to Supplies</b>	 <ul style="list-style-type: none"><li>- Do we have the supplies we need?</li><li>- Do I know how to access and connect with my child/ren's teacher?</li><li>- Do I know how to access resources online/offline to support my child's learning?</li></ul>
<b>Lead with the Heart</b>	 <ul style="list-style-type: none"><li>- Be flexible and compassionate.</li><li>- Ask for help when needed. Stay connected.</li><li>- Take it slowly. We are in this together.</li><li>- Strategies: calming activities, encouraging words, positive and clear communication</li></ul>

Other Resources:

<https://indywithkids.com/creating-student-workspace-classroom-home/>

<http://www.theinclusiveclass.com/2020/03/tips-for-helping-your-child-learn-at.html>

<https://www.autismspectrumteacher.com/setting-up-a-classroom-for-pupils-with-autism/>

















































## 2. How do you plan your day?

Children and adults do well with structure and predictability. Create a schedule of what is going to work for your family. You may need to adjust for learning styles and attention spans, so be willing to be flexible and adjust as you go through this process.

You have three choices: a schedule with suggested times, a schedule where you can fill in your own times, or a blank template. Use what works for you.

The done column can be used to check off once an activity is completed. The individual check boxes within the schedule can be used for individual activities. The choice sections the child/ren can circle the choice that they selected. Use what works for you.

### Schedule Home Sample

Done	My Schedule					
<input type="checkbox"/>	before 8:30 <b>Wake Up</b> 	 eat breakfast <input type="checkbox"/>	 brush teeth <input type="checkbox"/>	 make bed <input type="checkbox"/>	 get dressed <input type="checkbox"/>	
<input type="checkbox"/>	9:00 to 9:30 <b>Body Break Choice</b> 	 walk	 stretch	 yoga	 outside play	 dance ? other
<input type="checkbox"/>	9:30 to 10:15 <b>Learning</b> 	 elearning <input type="checkbox"/>	 writing <input type="checkbox"/>	 reading <input type="checkbox"/>	 math <input type="checkbox"/> ? other <input type="checkbox"/>	
<input type="checkbox"/>	10:15 to 10:45 <b>Snack</b> 	 food		 move		
<input type="checkbox"/>	10:45 to 11:30 <b>Learning</b> 	 elearning <input type="checkbox"/>	 writing <input type="checkbox"/>	 reading <input type="checkbox"/>	 math <input type="checkbox"/> ? other <input type="checkbox"/>	
<input type="checkbox"/>	11:30 to 12:00 <b>House help Choice</b> 	 laundry	 dishes	 make food	 wipe surfaces ? other	
<input type="checkbox"/>	12:00 to 1:00 <b>Lunch</b> 	 food		 move		
<input type="checkbox"/>	1:00 to 1:30 <b>Chill Time</b> 	 reading	 puzzles	 drawing	 relax ? other	
<input type="checkbox"/>	1:30 to 2:15 <b>Learning</b> 	 elearning <input type="checkbox"/>	 writing <input type="checkbox"/>	 reading <input type="checkbox"/>	 math <input type="checkbox"/> ? other <input type="checkbox"/>	
<input type="checkbox"/>	2:15 to 3:00 <b>Body Break Choice</b> 	 walk	 stretch	 yoga	 outside play	 dance ? other

# Schedule Home Blanks

Done	My Schedule	
<input type="checkbox"/>	<b>Wake Up</b> <input type="checkbox"/>	eat breakfast <input type="checkbox"/> brush teeth <input type="checkbox"/> make bed <input type="checkbox"/> get dressed <input type="checkbox"/>
<input type="checkbox"/>	<b>Body Break Choice</b> <input type="checkbox"/>	walk <input type="checkbox"/> stretch <input type="checkbox"/> yoga <input type="checkbox"/> outside play <input type="checkbox"/> dance <input type="checkbox"/> ? other <input type="checkbox"/>
<input type="checkbox"/>	<b>Learning</b> <input type="checkbox"/>	elearning <input type="checkbox"/> writing <input type="checkbox"/> reading <input type="checkbox"/> math <input type="checkbox"/> ? other <input type="checkbox"/>
<input type="checkbox"/>	<b>Snack</b> <input type="checkbox"/>	food <input type="checkbox"/> move <input type="checkbox"/>
<input type="checkbox"/>	<b>Learning</b> <input type="checkbox"/>	elearning <input type="checkbox"/> writing <input type="checkbox"/> reading <input type="checkbox"/> math <input type="checkbox"/> ? other <input type="checkbox"/>
<input type="checkbox"/>	<b>House help Choice</b> <input type="checkbox"/>	laundry <input type="checkbox"/> dishes <input type="checkbox"/> make food <input type="checkbox"/> wipe surfaces <input type="checkbox"/> ? other <input type="checkbox"/>
<input type="checkbox"/>	<b>Lunch</b> <input type="checkbox"/>	food <input type="checkbox"/> move <input type="checkbox"/>
<input type="checkbox"/>	<b>Chill Time</b> <input type="checkbox"/>	reading <input type="checkbox"/> puzzles <input type="checkbox"/> drawing <input type="checkbox"/> relax <input type="checkbox"/> ? other <input type="checkbox"/>
<input type="checkbox"/>	<b>Learning</b> <input type="checkbox"/>	elearning <input type="checkbox"/> writing <input type="checkbox"/> reading <input type="checkbox"/> math <input type="checkbox"/> ? other <input type="checkbox"/>
<input type="checkbox"/>	<b>Body Break Choice</b> <input type="checkbox"/>	walk <input type="checkbox"/> stretch <input type="checkbox"/> yoga <input type="checkbox"/> outside play <input type="checkbox"/> dance <input type="checkbox"/> ? other <input type="checkbox"/>

# Schedule Home Template

Done	My Schedule	
<input type="checkbox"/>		
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### 3. How do we get through our day?

A strategy that is often used in schools is called First/Then. If you are using this at home, you could use post it notes or a white board or paper to list what you want your child/ren to work on FIRST and then list what they will do once they have finished that task under THEN. For younger children the FIRST might be a learning activity, while the THEN might be a break. For example, if you are using the schedule above, you might write First: Learning, Then: Lunch (grilled cheese and soup). This can be helpful for children that need steps broken down to very small chunks.

First	Then

### 4. How much help do I need to provide?

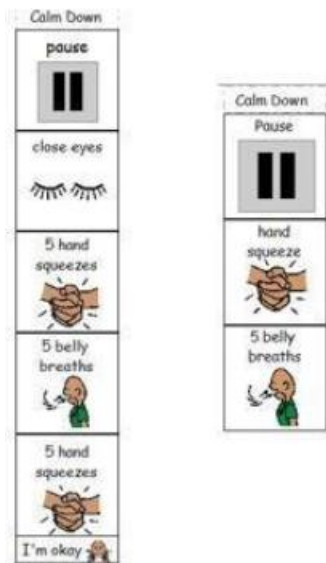
Sometimes it is hard to know what our child/ren can do independently and how much teaching they may require to complete a task. This can be particularly challenging as we are managing our own schedules at home. A strategy that can be useful is the Help Scale. This can be helpful for communicating with your child to reduce adult and child stress and frustration.

5	 Too hard for me. Not ready!
4	 Really hard for me. I will need a lot of help.
3	 Hard for me. I can try.
2	 Help me get started. I can do this on my own.
1	 I don't need any help. I can do this on my own.

## 5. How can we remain calm?

There are going to be times when we are going to feel frustrated or overwhelmed.

A Calm Down routine can be used to help children stay in a good learning zone and be calm in their bodies and minds.



## 6. How do we talk about Covid 19?

Social stories and resources can help children understand what to expect and why.

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

<https://www.actcommunity.ca/covid-19-resources>

Links to talk to your family about Covid 19.

<https://www.comoxvalleyschools.ca/apps/news/article/809015>

<https://www.timescolonist.com/life/how-to-explain-covid-19-to-kids-1.24106230>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>