



# BEST PRACTICES FOR DIGITAL LEARNING

A SUGGESTED GUIDE FOR FAMILIES



## TAKE BREAKS

Just like how we have recess during school, kids at home need to take breaks from learning too! It's hard for kids to work on one assignment after another all day. Give your child (and yourself!) a break between tasks to do something away from their device. Make sure you are also scheduling some quiet time, especially for Elementary students.



## LIMIT SCREEN TIME

Technology is excellent, but be mindful of how much time students are spending on it. Since students will be learning on technology during the day, you may want to limit screen time in the evenings. Need a way to ensure children stay off their devices? Parents can create a passcode for the device to unlock it.



## MONITOR ONLINE ACTIVITY

When students are in school, our staff monitors student iPad and laptop use. At home, parents can do the same. We recommend that parents periodically check internet history, email folders, and the camera roll.



## CREATE A ROUTINE

Children do best when routines are in place. Although your schedule may not be as structured as school days, you can still create a manageable routine. Consider having set times for waking up, going to sleep, meals, and other daily activities. You can create a schedule with specific times for lessons, family, and individual activities to display in your house. This can be a helpful visual reminder for managing time and space. Better yet, get input from your children in creating a schedule and routine for the family!



## FIND LEARNING IN EVERYDAY ACTIVITIES

Learning is not limited to online! Find ways to create and include your children in everyday learning opportunities. Think about how you can teach them around the house skills, such as cooking, building a project, working on cars, gardening, fixing broken objects, etc. Because kids are naturally curious, there are learning opportunities all around them!

## WHAT TO DO WHEN YOU NEED A BREAK FROM TECHNOLOGY:

- Go on a bike ride.
- Build something out of legos or blocks.
- Take a walk outside.
- Teach the kids how to make a family favorite recipe.
- Plant seeds from vegetable scraps to start a garden.
- Build a reading fort and read a new book.
- Make a sidewalk chalk masterpiece!
- Teach your kids a new skill, like how to change a tire.
- Do a "Found Object Art" project.
- Play a card or board game.

## DESIGN AN AT-HOME LEARNING SPACE THAT IS THE FOLLOWING:

- quiet, or as removed from distractions as possible;
- structured, free from clutter; and
- easily monitored.