



# TIPS FOR EMOTIONAL & ACADEMIC SUCCESS

## During Remote Learning



### **KEEP A HEALTHY ROUTINE**

Get up in the morning, turn the lights on or let sunlight in, get dressed and start the day off in a healthy way. Find a dedicated space. Don't stay in bed or on the couch when working. Going to bed at a reasonable time and getting traditional sleep will help maintain a healthy routine.



### **CREATE A PLAN**

Planning can help reduce stress for both children and parents since it creates structure and expectations. Tasks that may have been easy to accomplish at school, may feel more challenging when working from home. Develop a written schedule and offer/request support in prioritizing tasks with clear deadlines.



### **SCREENTIME BREAKS/ PHYSICAL ACTIVITY**

When appropriate, take breaks from your screen (i.e., eat a healthy snack, read a book, draw). Spend time outside, go for walks and play in the yard, while maintaining a safe distance from others. Many studies have shown that maintaining consistent physical activity improves one's mood and mental stability.



### **CONNECT WITH OTHERS**

Schedule daily face-to-face time (without screens) and virtual visits with friends & family members your kids are missing. Isolation exacerbates a lot of anxious and depressive feelings.



### **FAMILY TIME**

Limit technology and spend time with family. Discuss “high’s and lows” of the day to strengthen connection by providing praise, validation, or identifying when support is needed. Maintain healthy boundaries, but do not isolate yourself. Find an enjoyable activity like playing a board game, camping out in the living room or planning a themed dinner.