General Tips for Online Learning:

-Set-up a designated work space. Let your student be involved in this. This could look like a desk, a table, a bean bag chair; anything that sets up a positive learning environment. Be strategic in ensuring it's away from the TV, kitchen, etc. (if possible).

-Set up their work area away from highly desirable items (games, toys, tv, etc.) Limit access to their favorite items so they can earn them for desired behavior.

-Make sure their materials are accessible and ready to go. Bins, baskets, shoe boxes, etc. are great for labeling and putting in things like pencils, paper, headphones, etc.

-Practice "learning behavior" throughout the day. "Show me what it looks like when you are focused on your teacher. Now show me what it looks like when you are having a hard time focusing. What can you do to help yourself?" (brainstorm ideas with your child such as taking a deep breath, standing up but staying near the computer, raising your hand to ask a question, etc.)

-Have students practice using the computer, headphones, mute button, etc. prior to instruction.

-Set-up behavioral expectations ahead of time. If helpful, post their schedule (visual, written, etc.) Tape a first/then board to their learning area and write in (or place a picture) of things like "first math, then 10 mins outdoor time". First (something less desirable), Then (something desirable).

-Have reasonable expectations. If your child can only sit for 10 minutes, start with 9 minutes (so they can succeed) and slowly work your way up a minute at a time. Work with the teacher to set the same expectations.

-Set a timer for the expected work time. If they walk away or stop working during that time, pause the timer. Start the timer again when they begin to work. Once the timer goes off, they can earn their break.

-If possible, designate the start and stop times of their school day as well as snack, lunch and break time. Consistency is helpful for everyone.

-Schedule in breaks (they can earn more breaks, but make sure they have regular breaks regardless of behavior) so they can move around. Some fun movement breaks are dance parties, walk the dog, ride a bike, etc. If transitions are hard for your child, make their break something that's in close proximity to their work area and set a timer.

-Pack a lunch so your student can independently (or with minimal assistance) get their lunch.

-If YOU are on the phone/working, place a red card (or whatever you and your child decide) on your door. If you are available, place a green card on your door. Let your child know the best way to get your attention if they need something. If they follow these rules, provide specific praise and possibly an incentive.

-Reinforce your child at variable times. If you notice your child has been sitting nicely and working, stop and say, "You have been so focused on learning today! Quick 5-minute dance party (or fun video, interactive game, etc.) Do this frequently at first so they are exhibiting behaviors they know are likely to be reinforced.

**The videos below were created by behavior specialists in Forsyth County schools. If these are shared, please provide credit to those who created them. **

Tips and Tricks for Successful Online Learning: video and flyer attached
https://drive.google.com/file/d/18MAntbYF4xNV6Q8zi8yWLiC6lE4LR7fS/view?usp=sharing

 Strategies and Suggestions for a Successful Day of Learning: video and flyer attached
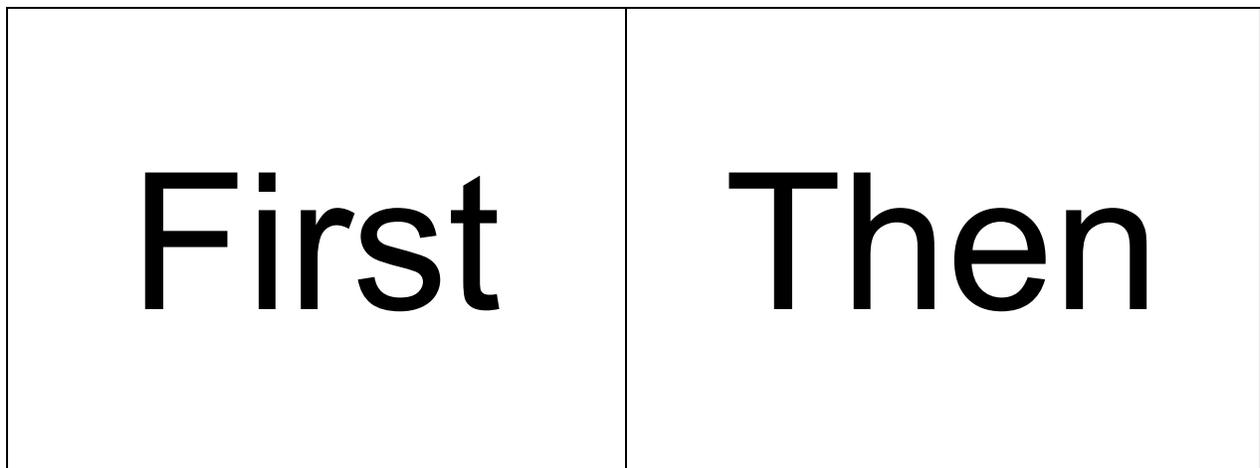https://drive.google.com/file/d/11UPFwwhV8FbQw9MBbpagU_Tq-gFKCqRA/view?usp=sharing

Spring Break Ideas and Tips: video and flyer attached
https://drive.google.com/file/d/1usxdyvu4U7mbenp_UtVykvm6jH-e5ge-/view?usp=sharing

Strategies for Self-Care and Routines: video and flyer attached
https://drive.google.com/file/d/1IyYRjHaaglLUZGzZ6snlGrikCUq5u2iz/view?usp=sharing

First	Then

I am working for

_____

I am quiet when the teacher is talking

I ask for a break when I need it

I sit in my chair and do my work

I make good choices!