

INDEPENDENT LEARNING SYSTEMS

LEARNING AT HOME



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Creating and maintaining SYSTEMS and expectations within this new learning environment will be the keys to navigating your day, while reducing anxiety and lessening stress.

SYSTEMS molded into your daily routine are essential for keeping your children on task and learning.

Chores support personal and family responsibility. SYSTEMS that include daily chores provide a purpose and sense of accomplishment for all.

School day routines of homeroom, activities, rules, assignments, learning, study halls, lunch and recess are SYSTEMS students follow. Create a school day SYSTEM in your home.



What's Your Plan?
 IDENTIFY
 What do I have to do?
 ORGANIZE
 What do I need to do it?
 PRIORITIZE
 When do I need to get it done?

Find a place in your home with limited distractions.

Before

- Set up a school work station
- Post an outline of the daily routine
- Use timers to signal breaks for younger children
- Have the correct supplies
- Clear clutter and distractions
- Make a sign that has your child's name to designate their work area so they have ownership
- Use Sundays to construct the weekly school schedule



Morning routines should remain the same Monday through Friday.

Mornings

- Wake up at the same time as a normal school day
 - Follow daily hygiene routines preparing for the school day
 - Dress for school, no pajamas
- <https://www.theguardian.com/fashion/2018/apr/11/rules-working-from-home-never-wear-pyjamas>

Start time should remain the same.

Homeroom

- Students should have a daily task checklist that is age appropriate and easy to use. See attached recommendations
- Recreate School rules, if you couldn't do it at school, you cannot do it here! Examples: Checking the fridge, watching TV, Sleeping, bothering your classmates (siblings), texting
- Morning announcements by parents on the daily goals from the schedule set on Sunday
- Answer any questions regarding the tasks for the day

Daily Announcements

Block One Time:

Assignments:

Break Time:

Block Two Time: LUNCH

Assignments:

Break Time:

Block Three Time:

Assignments:

Break Time:

Block Four Time:

Assignments:

Break Time:

Block Five Time:

Assignments:

Dismissal

SAMPLE DAY

Virtual collaborative classroom

- partner with classmates
- FaceTime
- Email
- Text
- Zoom or Skype
- Share ideas for getting work done, stay connected
- Build reproducible SYSTEMS
- HAVE A PLAN, Visit: <http://www.ilspowerup.org>

During School Hours



Family Time

Enjoy the evening.

- Connect as a family
- Talk about your day
- Have school day bedtime

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