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# A LEARNING FROM HOME CHECKLIST

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Learning from home can seem appealing when one thinks of unrushed mornings, working in pajamas, and getting up to move around whenever desired. However, while some of the options surrounding distance learning seem amazing, it's necessary to give thought as to how well it is working for you. The following checklist is intended to assist your child(ren) and you in making the most of learning in these unusual times and to feel comfortable reaching out if you find that things are not working smoothly. Please take a few minutes to consider each of these items and let us know if you have any concerns.

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## MAKING IT WORK

- Is your child able to plan the day, being sure to add fun activities in the plan? While daily routines are important, variety throughout the week is not only the “spice of life,” it is essential for learning. The brain needs novelty and students need choice for motivation.
- Does your child take regular breaks? The brain must consolidate information in order to retain it; literally, the brain must “take a walk.” Resting the brain for 10 minutes helps consolidate knowledge.
- Does your child take time for recall? The brain learns through practiced *recall*, but in our online environment, our learners are receiving mostly *input*. Take time to ask questions such as “Compare what you learned yesterday to what you learned today” or “If you could study anything you wanted, what would it be?”
- Does your child save his/her work often, if using something other than Teams? Lost work is most frustrating!
- Is there a limit to the amount of online work? While NH DOE says students in Grades 1 – 6 should be learning 5.75 hours per day and those in grades 7-12 should be learning 6 hours per day, that is counting all learning time (e.g., reading, memorizing, drawing, etc.).

If you can check most of these, you are making it work! If you cannot, please contact us; we want to help.

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## IS IT WORKING FOR YOUR CHILD(REN)?

- Is your child readily completing work without needing others to motivate or assist?
- In developmentally appropriate ways, can he or she access necessary information, use the Internet, and respond to questions with age-appropriate supervision?
- Is your son or daughter doing okay with spending so much time learning alone?
- Does your son or daughter show engagement in the virtual learning process?

If you can check these, your child is making this temporary period of online learning work and that is great. If you cannot check many of these, noting that there are struggles with focus, mismatch of learning style, or executive skills, please contact us at 603-742-3617.

*While we have always been impressed with our parent community, we grow increasingly impressed with you now. You have been gracious as we got our online instruction running, kind in your affirmations, and gentle in your suggestions – you are a blessing to us all. As we move forward, we are exploring ways to instruct, assign, and assess that are not as technology-heavy. We love your suggestions!*