

Tips for learning from home

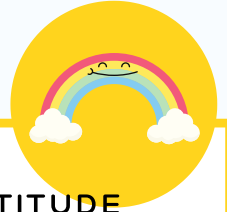
PREPARE IN ADVANCE

- Practice Zoom as a family to become familiar with the platform.
- Create a schedule (words/pictures)
- Use a timer to help stay on task.
- Have your materials ready to go!



HAVE A POSITIVE ATTITUDE

- Set an example.
- See the best in each other.
- Have a growth mindset.
- Build self-esteem



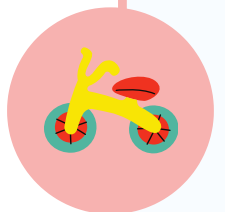
SET UP A WORK ZONE

- Comfortable
- Away from distractions
- Decorate! Make it your own space.
- Have your school materials organized and close at hand.



TAKE SCHEDULED BREAKS

- Walk or ride around the block.
- Play with a pet.
- Have a healthy snack.
- Enjoy lunch with your family.
- Have a dance party!



COMMUNICATE WITH TEACHER

- Use office hours to talk with teachers.
- Reach out via email.
- BUSD is here to help!



BE FLEXIBLE

- Offline activities allow for flexibility, so create a schedule that works.
- Involve your child in this process.

