

## Remote Learning Support for Parents/Carers



As we all find ourselves in uncharted territory with online learning and trying to support our pupils at home, we know these will be difficult times for some of our families. We appreciate all you are doing at home already and are aware there are many challenges that you must face whilst trying to home educate your children. Please find below some strategies that we hope you will find helpful.

### Online Learning

Visit '[How to' videos](#) for support on how to access Google Classroom, SeeSaw, Glow, TwinklGo and DuoLingo or feel free to contact us via the [form](#) on Twitter if you need any support.

[Vooks](#) is an online streaming site where you can stream your children's favourite books and they are providing a one month free trial. On the website you will find a collection of children's books turned into videos with narration and some animation.

### Routines

If your child is struggling with staying in a routine, have you tried creating a daily or [weekly timetable](#)?

You could make your own with pen and paper or these websites have free printables: [Daily Schedule Charts](#) and [Home learning schedules](#). BBC also has printable daily and weekly [Planners](#).

8:00	Wake up
8:30	Breakfast
9:30	Reading and Writing
10:30	Outside in the park
12:00	Lunch
12:30	Math
1:30	Play time
3:00	Piano lesson
4:00	Grocery store
6:00	Dinner
7:30	Read aloud
8:00	Go to bed

### Motivation

The best way to help children learn and keep them motivated is to:

- Try to give them support and direction, but encourage them to do work independently too.
- Break down the work into shorter, manageable tasks, based on how long your child is able to concentrate.
- Take frequent breaks.
- Remember to praise or reward your child when they do well.
- You could make a [reward chart](#) and agree with your child/ren what they receive rewards for.
- Find time to exercise and/or get outside for fresh air- it's a great way to boost motivation and productivity. [PE with Joe](#) is a great way to start the day or can be done at any time throughout the day.
- Provide your child with options, for example, when they are assigned a writing task, allow them to choose their own topic to write about.
- Let your child choose their own extracurricular activities. The more control and input you're able to provide them the more engaged and motivated they become.

- If your child is losing interest in their learning, try to think about things they like. If you follow their lead and join in, they'll be more motivated to keep going.

To check learning try to:

- Ask your child questions about the learning as they are working.
- Talk about things they learned during the day.
- Ask your child questions to check if they can apply their learning and skills.

### **Keeping busy**

If your child is struggling with 'boredom' you could check out the [Daily Challenges](#), [Activity Ideas](#), [Virtual Trips](#) and [Google Drive resources](#) on our Home Learning Website.

Here are a few other things you could try:

### **Activities you can try together**

- Play some games such as board games, charades, memory games, bingo, I spy.
- Prepare and cook a meal together.
- Arts and Crafts.
- Build a den using blankets and pillows.
- Try some Lego building.
- Tidy/clear out their bedroom.
- Go for a walk/cycle together.
- Watch a movie together.
- [Would you rather](#) and [Conversation games](#)

### **Activities your child can try independently**

- An exercise video such as [Joe Wicks/Go Noodle/Cosmic Yoga](#).
- Create a poster or review for a movie you have watched or a book you have read.
- Family Portraits - get your child to draw family members they may be missing.
- This could be a good time to get your child to help around the house with chores e.g. make their own bed, dust, Hoover, set the table for dinner.

### **Friendships**

If you feel that your child is struggling with a lack of interaction with their peers, there are other ways in which you could model positive relationships:

- Looking through family photo albums is a great way of talking about people who the children might not know well, but who were a big part of your life growing up. This is a good opportunity to share stories about important people who have had an impact on your life.
- You could plan a party with your child for when they get to see their friends and family members again. You could work together to select a 'playlist' for the party and talk about the songs that you like and why.
- You could set up a virtual play date either by using the phone or video calling. They could simply chat for a few minutes, read to each other or attempt a simple game/quiz.
- Host a movie night and have your children all watch the same film as their friends. [Netflix Party](#) lets kids watch movies together.
- Go on or create a Neighbourhood Scavenger Hunt, for example, how many rainbows in windows can you find?
- Go retro and mail letters by becoming 'Pen Pals'. Encourage your child to write to their family and friends. They will be excited to receive letters!

## COVID-19 Support for Children

There are lots of resources at [COVID-19 Support for Children](#), suitable for different ages which aim to help children understand the current pandemic.

- [‘Where Did Everyone Go?’](#) is a good resource to share and discuss at home and might help support your children if they are confused by the current situation.
- Another good story is [‘My Hero is You’](#) which is a storybook for children about COVID-19.
- [‘Coronavirus - A Book for Children’](#) is another story that can be shared at home with your children which will support any misunderstandings that they might have about the virus.

## Anxiety/Worry

It is normal for children to feel worried or anxious at this time. We have all experienced sudden changes to our lives and routines. For some children this may worsen or trigger anxieties they may have been already struggling with. Here are some ideas to support your child with these feelings.

- Listen to [‘Lucy’s in Lockdown’](#) - it helps children to realise they’re not alone in these current conditions, to help them understand it’s not forever and to help them express their feelings.
- Talk to them about what is going on. Find out how they’re feeling and what they’re thinking about, let them know it’s okay to feel scared or unsure, and try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers but talking things through can help them feel calmer.
- Help them to reflect on how they are feeling and encourage them to think about the things they can do to make them feel safer and less worried.
- Reassure them that this will pass, you’re there for them, and you will get through this together.
- Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a ‘big chat’.
- Keep as many regular routines as possible, so that your child feels safe and that things are stable.
- [Mindful meditation](#) is a good way to relax and quiet an anxious mind. [YouTube](#) has lots of videos.
- The ERC [HealthiER Minds](#) document also provides lots of hints and tips to support your child’s mental health.

## Sleep

There are free apps such as **Sound Sleeper** which is an application to treat the whole family to a good night’s sleep. With three operation modes, Sound Sleeper operates by playing a variety of high-quality sounds that serve as a sleep solution for infants and children. The app has both a Listen and Sleep Tracking Mode.

[Sleep Scotland](#) is a registered charity that offers support and training for teachers and carers. It has some helpful tips on how to get a good night’s sleep.

**WELLBEING TIP OF THE WEEK**  
**APPS TO PROMOTE WELLBEING**

**STOP, BREATHE, THINK KIDS**  
Meditation & mindfulness exercises made easy and fun. Uses fun emojis and mindfulness missions! Helps with sleep, breathing techniques & managing emotions.

**HEADSPACE**  
Guided meditations to help manage stress, anxiety, & sleep. Featured Kids & Parents section packed with lots of lovely ideas and sessions including sessions on kindness, calm and focus. Sessions broken down by age with those suitable for under 5's, 6-8 years, & 9-12 years. Has great 'sleepcasts', which are prolonged guided imagery to help with sleep for children and lovely mindful activity ideas as well as parenting support. Definitely worth checking out.

**SMILING MIND**  
FREE Guided meditation to help manage stress, anxiety, and sleep and challenges of day-to-day life. Has helpful sections divided by age and difficulty you would like help with. Had kids & youths programs for 3-18 year olds.

**COSMIC KIDS**  
Fun yoga & mindfulness adventure videos. FREE 2 week trail. The mindful eating one is great! They also have a brilliant YouTube channel (cosmic kids yoga) which is FREE.

**BREATHE, THINK, DO SESAME**  
For younger children (2-5 years). Teaches skills such as solving everyday challenges, planning, problem solving, & managing emotions.

**MINDFUL POWERS**  
Teaches mindfulness techniques for children up to 8 years of age.

Apps for children

Poster developed by Dr Kate Vasey, Clinical Psychologist

## Too much screen time/gaming

Digital devices are not the only way to learn.

Manage screen time with a timer and break up time by getting your child to:

- Use books or other printed materials that the school has provided in the home learning folder.
- Write by hand - try asking your child to complete work in their jotters, write a diary of what they have completed that day or create a to-do list in the morning.
- Stay active - take breaks from the screen at regular intervals.
- Stop using digital devices at least an hour before bedtime.

If you find that it is difficult for your child to come off their device when their gaming time has ended try sitting with them and talking through what they were playing. You can set them a challenge for next time they are on, this may be to design and build a house on Minecraft or to create a new game on Fortnite Creative Mode, such as 'Hide and Seek'. You can then have a go and play the game your child has created, sharing their interest with them.

If you have any other issues or concerns that you would like to discuss please contact us via:

[SchoolMail@st-johns.e-renfrew.sch.uk](mailto:SchoolMail@st-johns.e-renfrew.sch.uk) or call the Barrhead Hub on 0141 570 4100 and someone will get back to you as soon as possible.

