

Home Learning Advice for Parents



The following are just some ideas to support achieving whilst staying at home. Your child's school website or glow page will have many more.

Second Level: Achieving

Choice and Flexibility In Their Learning

We know children thrive on routine and structure but would not recommended trying to replicate school in your home. However negotiating a learning plan with your child is likely to be helpful. This could include a flexible timetable with a variety of experiences including relaxation and free time, 'home school' rules and maybe agreed rewards. Here are some examples of free timetables you might want to adapt in collaboration with your child. [CLICK HERE](#)



Goal Ladders

Using a stair-step visual, ask your child to break down their goals into doable steps:-

Write down your dream (what you want to achieve) at the top of the staircase. It doesn't have to be something big as it needs to be achievable.

Write down your first goal towards your dream at the very bottom of the staircase and then colour the step in once you have achieved it. Keep adding goals on to the steps until you 'climb' to the top. Celebrate by showing off your new skill.



Follow Their Interests and Play

What activities does your child enjoy? For example do they prefer to be active and on the move, create and make things, explore and investigate, read and research or write and record ideas? Do they have topics they are particularly interested in for example, animals, music, video game, learning about why we're in lockdown, finding out about their family? Follow what your child is interested in and encourage them to develop it further with maybe a project on their area of choice. See links for more activity ideas. [CLICK HERE](#)

Developing New Skills and Learning about Self-Care

Social-emotional learning can be supported by practicing self-care skills. Help your child build an awareness of what things they can do that help them feel better and manage stress by building a 'coping strategy wheel'. You can help your child pick what activities help them feel better and manage their stress (e.g. going for a walk, listening to calming music, drawing, getting a hug etc.) and then include them on their coping strategy wheel. This will help them learn to recognise how they are feeling and use positive strategies to help manage their feelings. For further information [CLICK HERE](#)



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