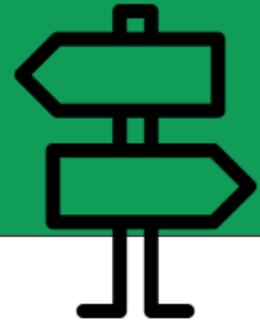


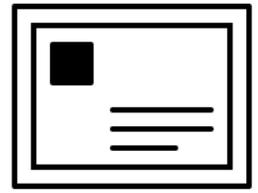
The *Caregiver's* Guide to Remote Learning



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What does learning look like today?

Things are different. This is not the same 'school' that you attended. And we are all doing our best to embrace the shifts. Remember when common core math came out and everyone (parents!) freaked out. The kids were ok ... they were learning math conceptually, not just memorization of math facts and formulas. You pulled your hair out, and then learned **with** your child, rather than teaching them everything *you* once knew about math. Change can be hard when it is so far out of our comfort zone, but like we tell the students, that is when the most growth happens. ***Learning takes time, and doesn't look the same on every child.***

Remote learning is calling us all into new territory - to be more forgiving of each other, and to rise to the challenges of today. Our students are resilient, but they also need us to show them that learning happens in different ways. They need us to create learning spaces in our homes that are safe and acceptable places to take risks. *They need us to model how to learn, not just tell them what to learn.*

We urge you to also think about **the skills** you use in your own work life today: *Do you articulate thinking to others? Do you build presentations? Do you respond to the ideas of others?* These are all skills we hope to develop in today's learner!

We hope this guide shows you when to step in, and when to step out. As educators, we often find that our best strategy is to get out of the way. And as one last reminder ...

Your kids will be ok. You can do this!

What was learning like for YOU?

What do you remember about learning *yourself*?

When was the last time you learned something new? HOW did you learn it?

Who supported you as a learner? What did that feel like?

What do you wish you had as a student?

What is your child being exposed to that you were not as a child? (ex: cell phone, ...)

Learning: Then and Now



What is learning like for your CHILD?

Your child is learning:

- ❑ Grade level standards
- ❑ Digital citizenship
- ❑ Time management
- ❑ How to establish and develop relationships remotely
- ❑ How to 'speak up' in a virtual setting
- ❑ How to balance screen time with hands-on learning
- ❑ Self-paced learning strategies
- ❑ New literacy skills: media literacy, etc.
- ❑ How to have hard conversations about race, loss, grief, etc.
- ❑ SO. MUCH. MORE.

you can learn anything
video

“Optional homework assignment”
Write about your child in 500 words or less!



To My Child's Teacher,

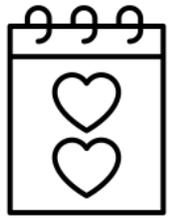
I wish you knew that my child is ...

Hopes/Dreams/Wishes...

You might include

- What does your child *want* to learn about?
- When not doing ‘schoolwork,’ what does your child like to do/learn? Interests?
- What struggles do you predict in this remote learning scenario?
- How might your child shine?!

Your remote working



Think about your SPACE

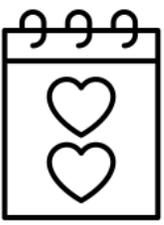
- What does your “home office” look like?
- What supplies do you use?
- Is there a light source?
- Are there interruptions? How do you address them?
- Do you have something special that you keep close by?

Think about your SCHEDULE

- What is your meeting schedule?
- Does the schedule change daily? Or weekly?
- How do you keep track of your schedule?
- Do you use a system to keep track of deadlines? (Reminders on phone, etc)
- Do you take breaks?

Think about your work STYLE

- When do you perform best? (morning? Afternoon? After a walk/exercise?)
- Do you prefer quiet? Steady noise? Or?



child's remote learning

Think about your child's SPACE

- What does the space look like?
- What supplies are needed?
- Is there a light source?
- Is it quiet? Would music help?
- Is there a way to make this space more special?

Think about your child's SCHEDULE

- What is your child's daily/weekly schedule?
- How to find assignments?
- What due dates?
- Where to organize assignments and dates?
- Does your child need breaks? Or prefer to get it all done quickly?

Think about your child's STYLE

- When does your child perform their best?
- What additional supports might help your child learn - listen to music? Set timer?
- What tips/tricks help your child remember new information?

Supporting your child's **schedule**

“Help! My child is struggling to get things done **on time!**”



Use a **notebook** as a planner to ‘sign off’ on work daily or weekly. This resembles a classroom practice that students may be familiar with already! A little **accountability** *if needed*, but also a place to **celebrate progress**.

Weekly Schedule

**print out or use as a digital tool*

[Docs Template](#)

[Slides Template](#)

“How do I help my child **organize** instructions and resources from multiple teachers?”

“I want to be more **‘hands off’** but I’m not sure how to set my child up for success?”

K-8 Daily [Learning Plan](#)

High School [Action Plan](#)

Get to Know the Tools



Google Classroom

Google Classroom

[video](#) | [PDF](#)

[Spanish](#) | [Korean](#) | [Chinese](#)



zoom

Video Conferencing: Zoom

[Zoom cheat sheet](#) | [Top 5 Video](#)



Meet

Video Conferencing: Meet

[PDF](#) | [video](#)



Seesaw

Seesaw

[Video](#) | [Remote Learning Resources](#)



FlipGrid

[Family Guide](#) | [Help Center](#)



HyperDocs (digital lesson plans)

[One-pager](#) | [How to HyperDoc](#)

Understanding Key Terms



TERM	DEFINITION	EXAMPLES
synchronous	Class interactions happen in real time	<ul style="list-style-type: none"> -Conferencing -Webcasts -Chat channels
asynchronous	Class interactions happen via learning channels, without real time interaction	<ul style="list-style-type: none"> -Pre-recorded -Multimedia -Email + blogs -Discussion boards
direct instruction	<ul style="list-style-type: none"> -Explicit learning objectives are shared with students -<i>Delivery methods might include:</i> synchronous meeting, tutorial video, step-by-step guide, instructional video recordings, written explanation, etc. 	<ul style="list-style-type: none"> -"Today I want to teach you..." written on lesson -Mini lesson video -Visual or chart provided -Teacher example explained in pre-recorded video or possibly a live demonstration
feedback	Opportunity to provide praise and suggestions on a topic. Teacher acknowledges student goals and areas of need, and offers strategies for individual growth.	<p>Synchronous:</p> <ul style="list-style-type: none"> -1:1 conference -small group -whole class teaching point based on data <p>Asynchronous:</p> <ul style="list-style-type: none"> -Google comments -Notes via web tool/app -Email and/or video message

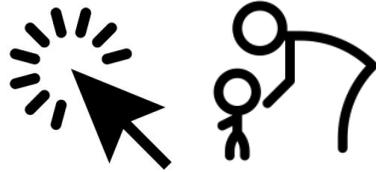
OffTech Learning Ideas

Design Challenges and DIY Activities

with everyday household items

- Design Challenges
- Ryan's World
- DIY.org (free version)
- Science Buddies

Be a



Household Helper

- Be the chef: research a recipe, make the grocery list, and cook!
- Time to get a pet?
- Plan a new outdoor adventure in your area
- Read aloud to a pet or family member
- Find and implement some family care strategies (write post-it mantras around the house, host a daily mindfulness practice, tell jokes, etc.)
- Coordinate a family performance (music, magic trick, puppets,
- Do a surprise chore!

As the primary educator in the household, you can re-shape what learning looks like in very simple ways.

Dinner Topics

- What did you read about today? Tell me about it!
- What current event are you interested in today? Let's chat about it.
- Share one thing that was a struggle for you today. How did you get over that? Or, what do you still need?
- Have you seen anything on social media that you are curious about?
- Each member share a word to sum up the day.
- What Went Well?
- Family shout-outs! Show off something you worked on today.
- Watch a docuseries together and discuss

TOP 10: Lifelong Skills

That you can support at home

#10 Perseverance

#9 Recognize/use your strengths

#8 Ask for clarification as needed

#7 Manage deadlines

#6 Express yourself in different ways

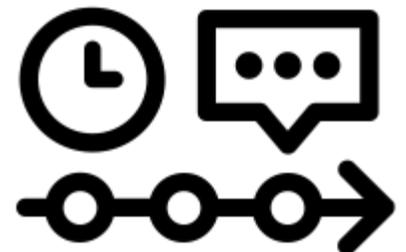
#5 Practice self care & self-kindness

#4 Creative thinking + risk taking

#3 Develop a love of learning

#2 Goal setting

#1 Problem solving





final TIPS and reminders ...

Communication is key! Breakdowns are OK. Often times learning and breakthroughs are just beyond that frustration!



Motivation is your friend! Observe your child doing one assignment vs. another. Which one motivates him/her? Why? How can you enhance motivation? Set small goals, and celebrate any success along the way!

Timing matters! Pace out tasks/assignments if you can. When is your child most productive? Does your child need breaks? Look at deadlines and plan backwards.

Understand the expectations! Be sure that you and your child are clear on what is needed so you invest the right time and energy to the tasks.

Meet your child where he/she is! Do what you can with what you have and your child will be ok. Give yourself grace, and stay patient as everyone learns how to learn in this new way, *together!*

We can laugh when things go wrong!

We can take risks and try new things.

We can partner with teachers from afar.

We can build connections and relationships
with classmates virtually.



We can learn anything.

We can make mistakes and recognize that those are opportunities for growth.

We can remind ourselves that this unique learning scenario is for the good of our world.

*We can remember
that this is temporary,
and bad days are ok.*

RESOURCES



PARENT/ TEACHER PARTNERSHIP

- [Tech and Learning](#)
- [Tips and Tricks](#)

UNDERSTAND THE TECHNOLOGY

- [Common Sense Media](#)

DIGITAL CITIZENSHIP

- [Video](#)
- [Common Sense Media](#)

SOCIAL EMOTIONAL NEEDS

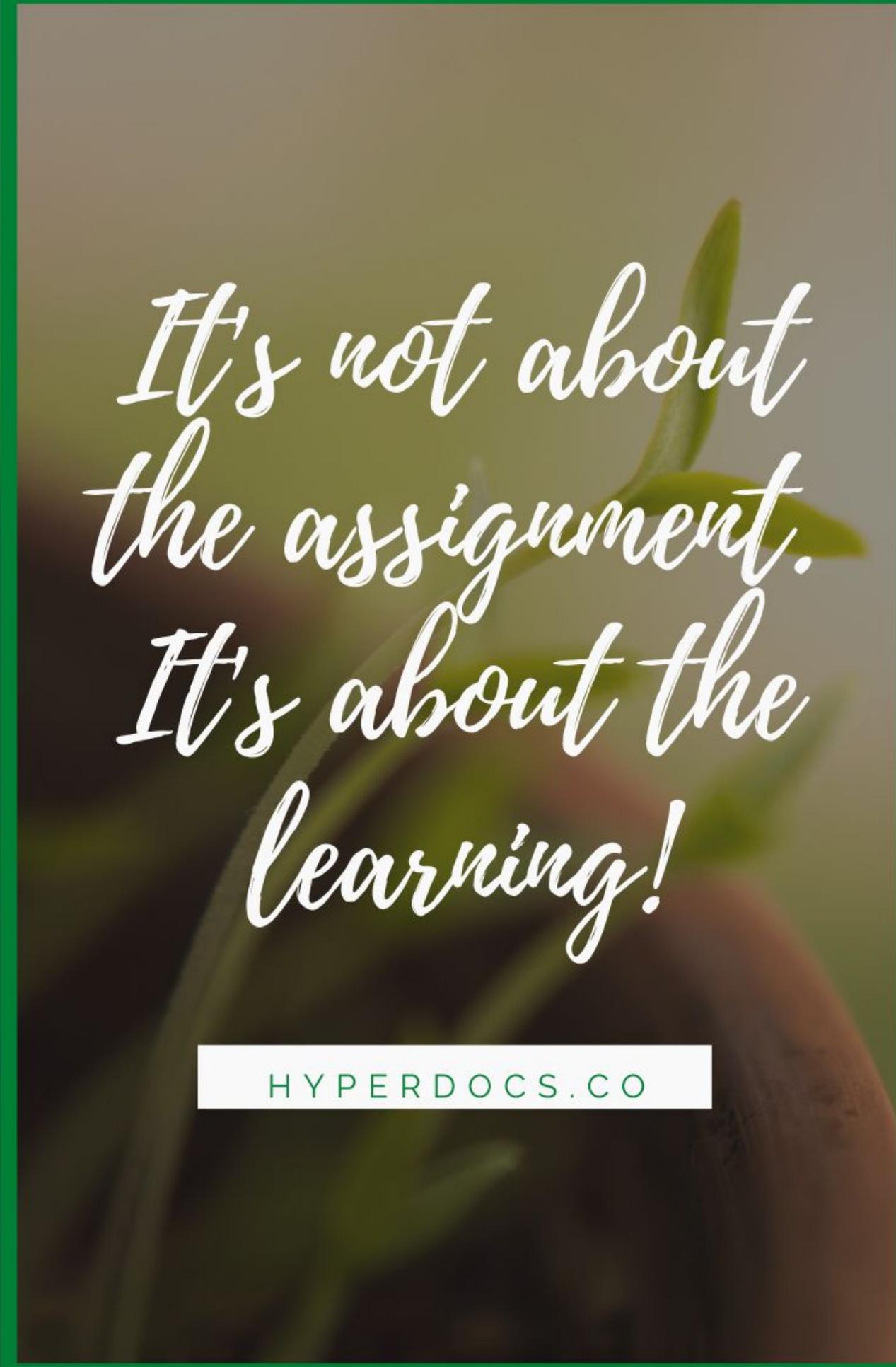
- [CASEL Parent Discussion Guide](#)
- [Information Video](#)

ANTI-RACISM at HOME

- [Embrace Race](#)
- [Beyond the Golden Rule](#)

EXECUTIVE FUNCTION NEEDS

- 6 Ways to Help a Child with Executive Functioning Skills:**
- [Elementary School Age](#)
 - [Middle schooler](#)
 - [High Schooler](#)



*It's not about
the assignment.
It's about the
learning!*

[HYPERDOCS.CO](https://hyperdocs.co)