



Checklist for Virtual or At-Home Learning

*Students should have a consistent work station with a charged electronic device daily

Setting Up Your Study Area

- Create a schedule for your child
- Establish a daily routine
- Include breaks in the daily routine
- Set up a space free from distractions or utilize a Study Carrel, if available
- Identify opportunities for your child to interact with peers virtually or in-person while following social-distancing guidelines



Seeking Support

- Find out if there are opportunities during the day for one-on-one teacher-student check-n
- Find out if the school will offer virtual or socially distanced physical activity. If not, find ways to incorporate physical activity daily
- Ask the school about accommodations, modifications or tutoring for struggling students
- Seek out local library resources for tutoring



Mental Health and Social-Emotional Wellbeing

- Take breaks
- Get plenty of sleep
- Exercise
- Eat well
- Stay socially connected