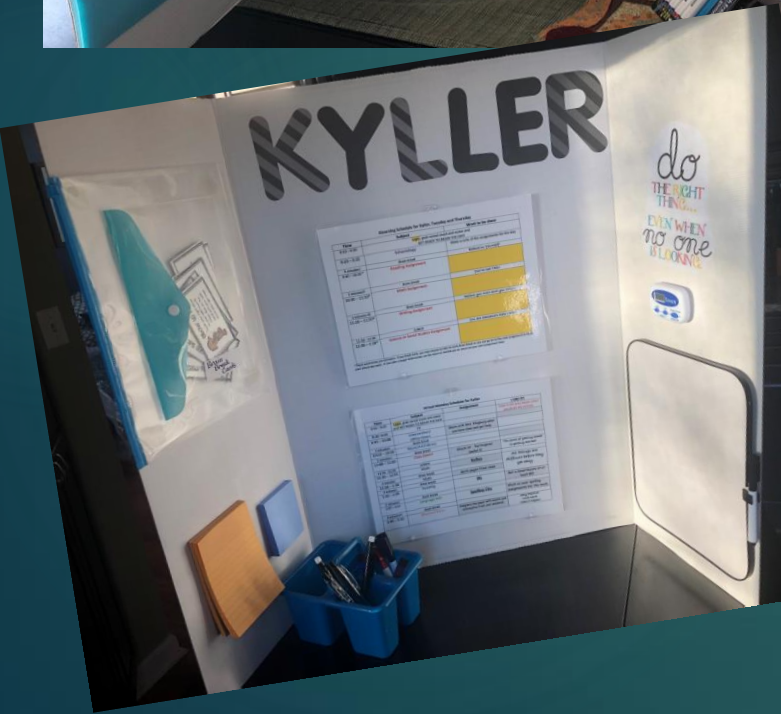
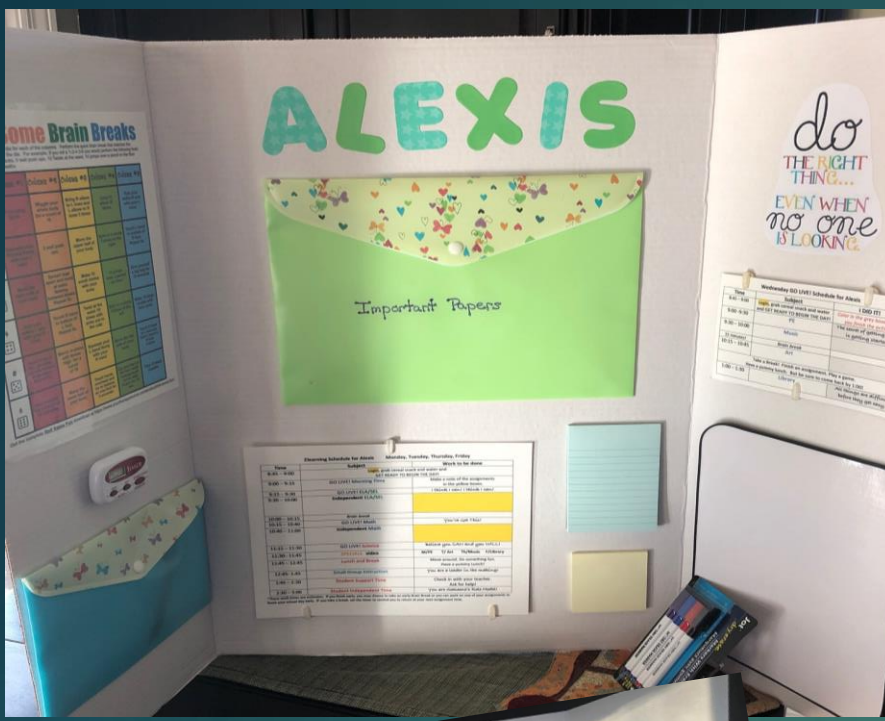


Study Carrels

A DIY Suggestion by Judy Beirne,
Kendall County CASA
Educational Advocate Supervisor





A personalized Study Carrel may provide a private work space for a child that, much of the time, is afforded little privacy. The space can house the Chromebook and may help minimize external distractions.

Not one to spend lots of money on this, I found most of my supplies at DollarTree!

This project board may be with the poster board in the school supplies aisle.





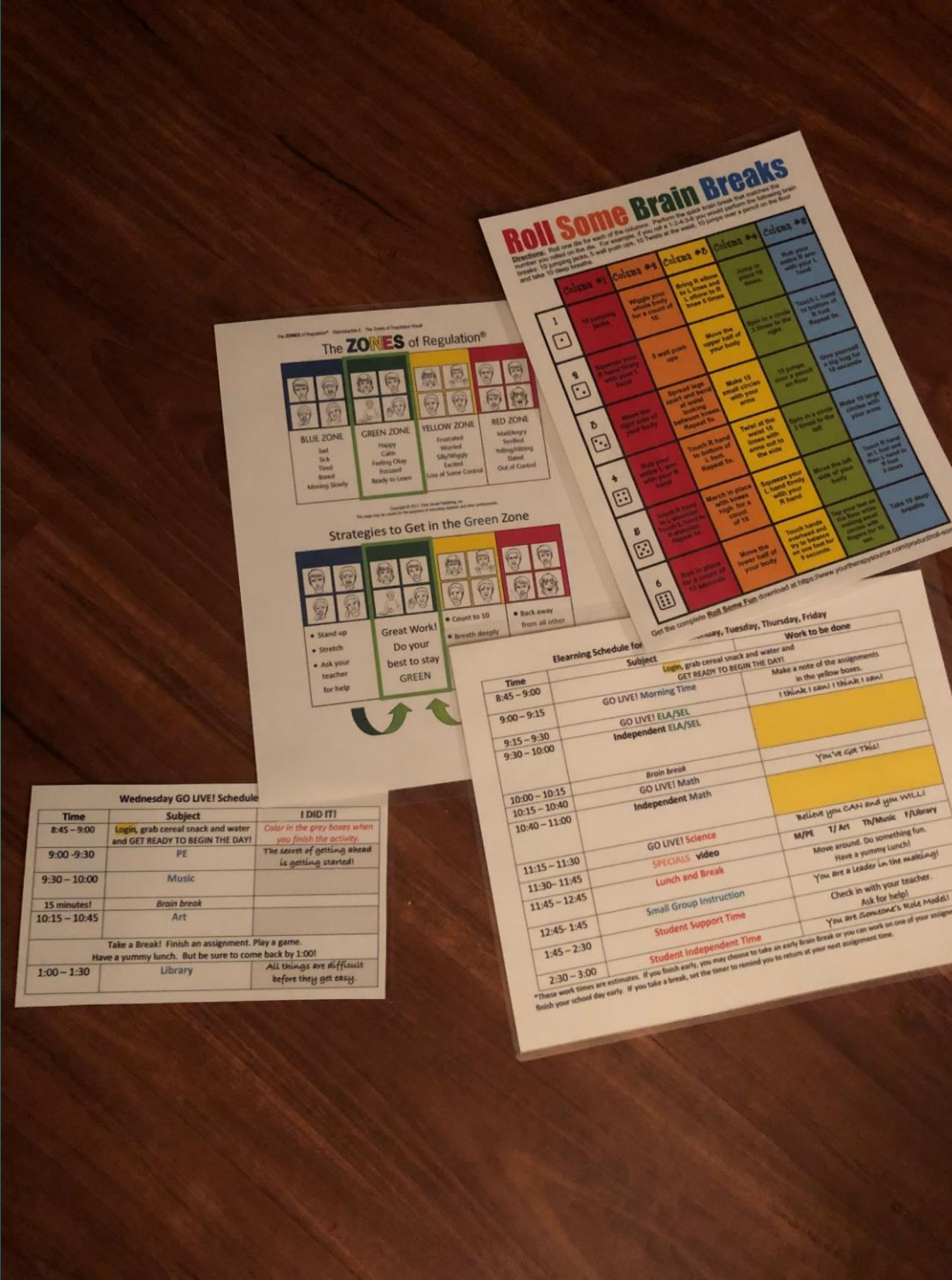
Shopping List:

- Tri-fold project board
- White board
- Sticky notes (shared)
- Digital timer (kitchen gadgets)
- Mechanical pencils (shared)
- Poster letters (for name)
- Note pads (shared)
- Dry erase markers w/erasers
- Folders
- Pencil cup
- Dice (for Roll a Brain Break)
- Page protectors (or laminator)

Most of our kids do not have access to a computer. So, printing out their daily schedule is a huge help in keeping them on track and organized. The teacher should be more than willing to share that with you. I also asked if I could shave 2-5 minutes off of a scheduled class time to add a brain break. As most classes end before the scheduled time, this has not been a problem, but it is wise to run it by the teacher first. [I used an Excel spreadsheet](#) and included shaded boxes to write assignments as well as words of affirmation to guide them along!

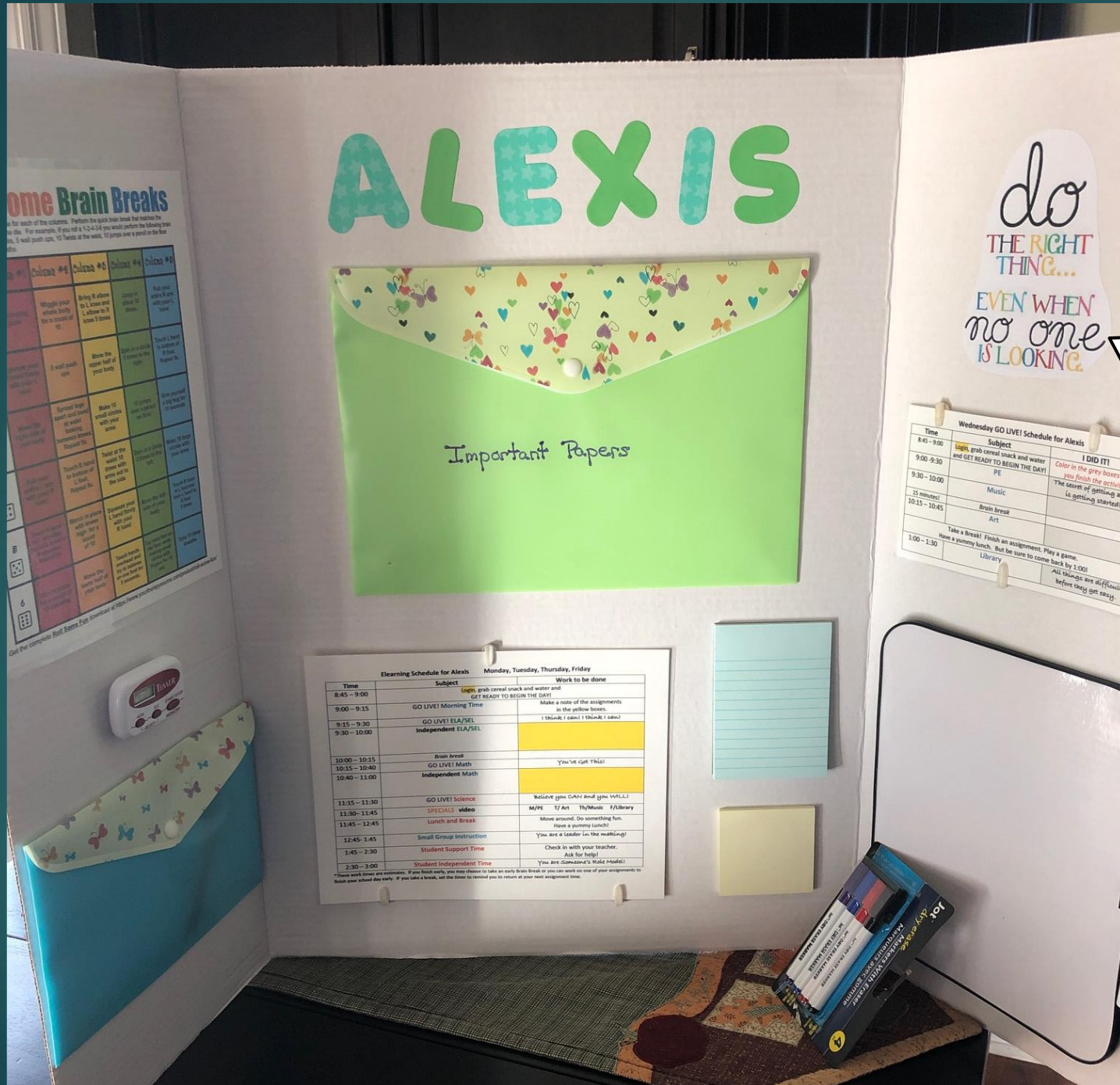
Brain Breaks are great wiggle activities for our kids between elearning classes! [Here are some ideas that were shared with me.](#)

I also found some [Brain Break Cards](#) that can be used instead of the dice games.



I laminated these forms (personal laminator from Aldi) and used spray adhesive to attach most to the project board. Page protectors could also be used. I used gummy clips or Command Clips for the removable schedule.

I used a hot glue gun to attach the timer, white board, folders and note pads.



I mentioned adding words of encouragement to the schedule. This was the go-to phrase of one of my principals. I felt this appropriate for here as well.

Brain Breaks

Brain Break #1	Brain Break #2	Brain Break #3	Brain Break #4
Wiggle your arms, body for a count of 10	Bring it down to L knee and L elbow to R knee & down	Stand on tiptoes for 10 seconds	Stand on tiptoes for 10 seconds
Wiggle your arms, body for a count of 10	Bring it down to L knee and L elbow to R knee & down	Stand on tiptoes for 10 seconds	Stand on tiptoes for 10 seconds
Wiggle your arms, body for a count of 10	Bring it down to L knee and L elbow to R knee & down	Stand on tiptoes for 10 seconds	Stand on tiptoes for 10 seconds

ALEXIS

Important Papers



Learning Schedule for Alexis Monday, Tuesday, Thursday, Friday

Time	Subject	Work to be done
8:45 - 9:00	Math	grab cereal snack and water and GET READY TO BEGIN THE DAY!
9:00 - 9:15	GO LIVE! Morning Time	Make a note of the assignments in the notebook.
9:15 - 9:30	GO LIVE! ELA/SEL	I think, I read, I think, I read
9:30 - 10:00	Independent ELA/SEL	
10:00 - 10:15	Brain break	You've got this!
10:15 - 10:40	GO LIVE! Math	
10:40 - 11:00	Independent Math	
11:15 - 11:30	GO LIVE! Science	Science you! (Ask and you shall receive)
11:30 - 11:45	SPEECHES video	M/PE K/Art T/Think F/Library
11:45 - 12:45	Lunch and Break	Move around. Do something fun. Have a yummy lunch!
12:45 - 1:45	Small Group Instruction	You are a leader in the making!
1:45 - 2:30	Student Support Time	Check in with your teacher. Ask for help!
2:30 - 3:00	Student Independent Time	You are someone's role model!



do THE RIGHT THING... EVEN WHEN NO ONE IS LOOKING.

Wednesday GO LIVE! Schedule for Alexis

Time	Subject	I DID IT!
8:45 - 9:00	Math	grab cereal snack and water and GET READY TO BEGIN THE DAY!
9:00 - 9:30	PE	Color in the grey boxes when you finish the activity.
9:30 - 10:00	Music	The secret of getting ahead is getting started!
10:15 - 10:45	Brain break	
	Art	
1:00 - 1:30	Library	All things are difficult before they get easy.



KYLLER

I made a study carrel for each of two siblings. One got the Roll a Brain Break and one got the [Brain Break Cards](#).

Elearning Schedule for Kyller, Tuesday and Thursday

Time	Subject	Work to be done
9:10-9:20	Light, grab cereal snack and water and GET READY TO BEGIN THE DAY!	
9:20-9:35	Schoolology	Make a note of the assignments for the day
5 minutes!	Brain break	Believe in Yourself!
9:40-10:20*	Reading Assignment	
5 minutes!	Brain break	You've got This!
10:30-11:10*	Math Assignment	
5 minutes!	Brain break	Believe you CAN and give WOLVES!
11:10-11:50*	Writing Assignment	
11:50-12:30	LUNCH	You are Someone's Most Favorite!
12:30-1:10*	Science or Social Studies Assignment	

*These work times are estimates. If you finish early, you may choose to take an early Brain Break or you can go on to the next assignment at its listed start time. If you take a longer brain break, set the timer to remind you to return at your next assignment time.

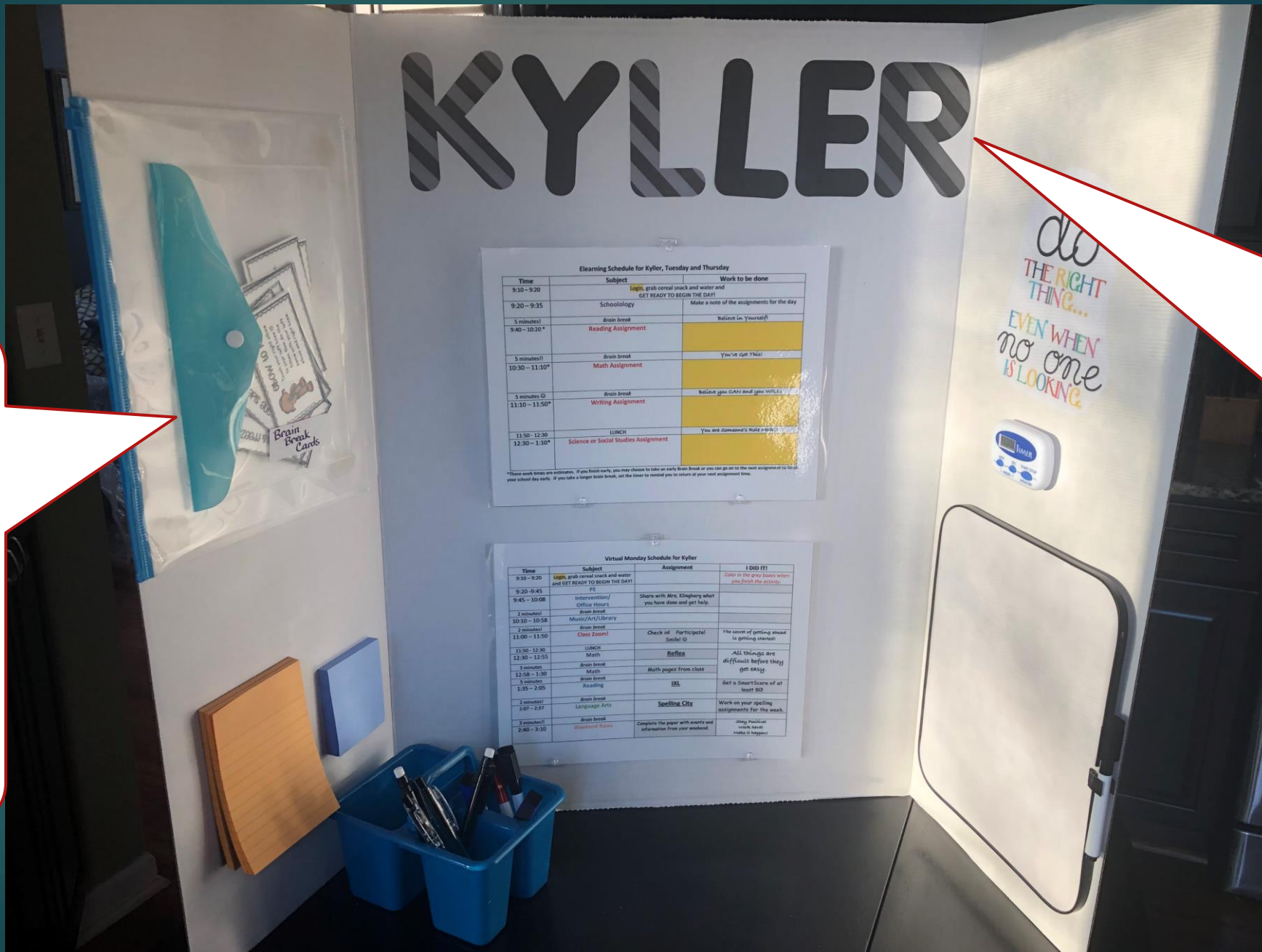
Virtual Monday Schedule for Kyller

Time	Subject	Assignment	1 DID IT!
9:30-9:20	Light, grab cereal snack and water and GET READY TO BEGIN THE DAY!		Color in the gray boxes when you finish the activity.
9:20-9:45	PL	Share with Mrs. Klingberg what you have done and get help.	
9:45-10:08	Intervention/Office Hours		
7 minutes!	Brain break		
10:10-10:58	Music/Art/Library		
2 minutes!	Brain break		
11:00-11:50	Class Zoom!	Check in! Participate!	The secret of getting ahead is getting started!
11:50-12:30	LUNCH		
12:30-12:55	Math	Reflex	All things are difficult before they get easy.
3 minutes!	Brain break	Math pages from class	
12:58-1:30	Math		
3 minutes!	Brain break		
1:35-2:05	Reading	EXL	Get a SmartScore of at least 80!
2 minutes!	Brain break	Spelling City	Work on your spelling assignments for the week.
2:07-2:37	Language Arts		
3 minutes!	Brain break	Complete the paper with smart and information from your weekend.	Stay Positive! While hard, it's happy!
2:40-3:10	Virtual Speech		

do THE RIGHT THING... EVEN WHEN NO ONE IS LOOKING



Using poster letters to include their name provides a sense of ownership and maybe instills some responsibility.



NATE

Roll Some Brain Breaks

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-4-4 you would perform the following brain breaks: 10 jumping jacks, 8 wall push ups, 10 twists at the waist, 10 jumps over a pencil on the floor and take 10 deep breaths.

	die 1	die 2	die 3	die 4	die 5
1	10 jumping jacks	Wiggle your whole body for a musical 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times	Roll your entire R arm with your L hand
2	Assess how a hand feels when you're a hand	8 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 8x.
3	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4	Roll your entire arm with your R hand	Touch R hand to bottom of L foot. Repeat 8x.	Twist at the waist 10 times with knees out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5	Touch R hand to bottom of L foot. Repeat 8x.	Watch to pick up trash with your L foot. Repeat 10.	Stretch your L hand firmly with your R hand	Place R foot on top of your body	Touch R hand to L foot and L hand to R foot. Repeat 8 times.
6	Touch R hand to bottom of L foot. Repeat 8x.	Move the lower half of your body	Touch back-to-back and try to balance on one foot for 8 seconds.	Take 10 deep breaths	

Virtual Monday Schedule for Nate

Time	Subject	I DID IT!
9:10 - 9:20	login, grab cereal snack and water and GET READY TO BEGIN THE DAY!	
9:20 - 10:08	Homeroom Zoom	The secret of getting ahead is getting started!
2 minutes!	Brain break	All things are difficult before they are easy.
10:10 - 10:30	Zoom help from Mrs. Osbron	I think I can! I think I can!
5 minutes!!	Brain break	
10:35 - 10:59	Gym Zoom	Stay Positive! Work hard! Make it happen!
1 minute @	Brain break	
11:00 - 11:50	Explore Zoom	
11:50 - 12:30	LUNCH	
12:30 - 1:15	Math Assignment	You only fail when you stop trying.
5 minutes	Brain break	Imagine with all your mind!
1:20 - 2:00	Reading Assignment	
3 minutes	Brain break	Believe with all your heart!
2:03 - 2:43	Writing Assignment	
2 minutes	Brain break	Achieve with all your might!
2:45 - 3:10	SEL Assignment	

Learning Schedule for Nate, Tuesday and Thursday

Time	Subject	Work to be done
9:10 - 9:20	login, grab cereal snack and water and GET READY TO BEGIN THE DAY!	
9:20 - 9:35	Schoolology	Make a note of the assignments for the day
5 minutes!	Brain break	Believe in Yourself!
9:40 - 10:20*	Reading Assignment	
5 minutes!!	Brain break	You've got this!
10:30 - 11:10*	Math Assignment	
5 minutes @	Brain break	Believe you CAN and you WILL!
11:10 - 11:50*	Writing Assignment	
5 minutes @	Brain break	You are determined! You are!
11:50 - 12:30	LUNCH	
12:30 - 1:10*	Science or Social Studies Assignment	

*These work times are estimates. If you finish early, you may choose to take an early brain break or you can go on to the next assignment to finish your school day early. If you take a longer brain break, let the timer to remind you to return to your next assignment time.

do THE RIGHT THING... EVEN WHEN NO ONE IS LOOKING.



A package of note pads, Post-Its and pencils can be shared between several (4?) recipients. The dice for the Roll a Brain Break can be placed in the folder or pencil cup.

My [daily schedule template](#)

suggests to “Grab cereal snack and water and get ready to start your day.” Maybe you can amend your suggestion to say “dry cereal.” ;-)



Most of our kids do not have the luxury of this kind of set up (second hand desk provided by grandma). Hopefully, the personalized Study Carrel will make their small corner of the kitchen table their own!



I hope this helps other CASA volunteers find their creative way to advocate for our children's best interests!

As a retired teacher with more than 45 years of teaching experience, I love to collect new ideas and share what I have learned. Please share your methods or reach out to me if you have questions about how to utilize Study Carrels in your CASA program.

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