

Homeschooling Support



Resources and Ideas

Schedule

Make your own:

<https://www.nirandfar.com/schedule-maker/>

Too much information from school?

Try this:

https://docs.google.com/spreadsheets/d/1rAqL2vrfmuTLHzkb_C1vL

COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

What About the IEP?

IEPS and Corona Virus

https://www.understood.org/en/school-learning/special-education-coronavirus-faqs?_ul=1*1q9wmg8*domain_userid*YW1wLWNkcDBmWE9SNTg2bF9GMGhzcmdJS3c.&utm_source=p

IEP Information

<https://www.understood.org/en/school-learning/special-services/ieps/6-tips-to-make-sure-your-childs-iep-is-implemented-properly#slide-1>

School/Home School Major Transition!

https://docs.google.com/presentation/d/1uAum56dd8cFG3ZhUzXAUJreiZhU_BsgKjvwVVdp9zV8/edit#slide=id.g3b52b4d5b2_3_48



Common Sense Media

<https://www.commonsensemedia.org/special-needs>

<https://www.commonsensemedia.org/special-needs/what-accessibility-settings-on-my-devices-can-help-my-child-with-special-needs>

<https://www.commonsense.org/education/top-picks/best-special-education-apps-and-websites>

<https://www.commonsensemedia.org/>



If you have to pick...

Sight Words

<https://www.123homeschool4me.com/free-printable-sight-words-list/>

Math

Flash cards: [file:///Users/mveldink/Downloads/FREEADDITIONandSUBTRACTIONFlashcards%20\(1\).pdf](file:///Users/mveldink/Downloads/FREEADDITIONandSUBTRACTIONFlashcards%20(1).pdf)

(Cut and paste the above file into your browser)

Multiplication: <http://www.3dinosaurs.com/wordpress/index.php/free-multiplication-flash-cards/>

Division: <http://www.3dinosaurs.com/wordpress/index.php/free-division-flash-cards/>

Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"
reads **20 minutes**
each day

3600 minutes in
a school year

1,800,000 words



90th percentile

Student "B"
reads **5 minutes**
each day

900 minutes in
a school year

282,000 words



50th percentile

Student "C"
reads **1 minute**
each day

180 minutes in
a school year

8,000 words



10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

Resources for learning at home

<https://www.khanacademy.org/>

<https://www.timeforkids.com/>

<https://newsela.com/>

<https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#>

<https://www.tumblebooklibrary.com/Home.aspx?categoryID=77>

<https://www.raz-kids.com/>

<https://family.gonoodle.com/>

<https://wideopenschool.org/programs/educator/prek-5/field-trip/>

More resources than you could ever want or need:

<http://www.amazingeducationalresources.com/>

Keyboarding

<https://www.common sense.org/education/top-picks/best-typing-games-for-students>



SOCIALIZATION

APP... Houseparty!



Able Eyes Video Modeling (www.ableeyes.org)

Mission Statement: “The mission of Able Eyes is to provide visual, state of the art experiences/teaching tools to children and adults with disabilities. Able Eyes provides a user friendly platform to teach skills, and explore environments from several different perspectives. **Our ultimate goal is to make businesses and public venues more accessible for people of all abilities by offering visual tours, making them “Able Eyes Accessible.”**”

How is Video Modeling Used? The individual watches the video demonstration of the skill/skills. After watching the video, the individual performs the skills from the video. With consistent repetition, the individual begins to generalize or utilize that skill in all environments.

- **FREE** Resource
- Can request new locations
- 360 tours
- Made by parents, teachers, and families.



Beat Frustration... GOAL SETTING

This will cost you \$1.75, but it looks great for elementary school students

<https://www.counselorchelsey.com/products/howtocatchastaractivities> (Primary aged students)

SMART GOALS: <https://www.simplifycreateinspire.com/goal-setting-for-kids/>

(SMART: Specific, Measurable, Attainable, Realistic, Time-Bound)

5 Ideas for
Helping your Kids
with Goal Setting

- 1. Voice & Choice**
Allow for choice to create a sense of ownership
- 2. Prioritize & Normalize**
Make goal achievement less stressful by helping them keep things in perspective.
- 3. Be the Guide on the Side**
Help them reframe their goals (when necessary) so that they are appropriate and attainable.
- 4. Shared Visions & Decisions**
Appreciate that sometimes what you want and what they want will be different.
- 5. Celebrate & Appreciate**
Help them find value in goal setting/achievement process by providing recognition and validation.

Growth Mindset

This pack comes with a cost, but it is a great resource for Growth Mindset and the POWER OF YET!

https://biglifejournal.com/collections/printables/products/challenges-kit-pdf?utm_medium=6120269060467&utm_campaign=6120269076267&utm_content=6120269064867&fbclid=...

Great YOUTUBE VIDEO: Power of YET <https://www.youtube.com/watch?v=XLeUvZvuvAs>



Read and Write For Google Chrome

How do you get Google read and write?

Open **Google** Chrome and navigate to the Chrome Web Store. Enter "**read and write**" in the search box in the top left corner of the page. Locate "Read&Write for **Google** Chrome" under extensions, then select the Add to Chrome button. Select the Add extension button in the pop-up window near the Chrome address bar.

<https://www.youtube.com/watch?v=YJ5N1BQc0bc>

<https://www.youtube.com/watch?v=jhUXXBrXWOc>

<https://www.youtube.com/watch?v=4Bp0to8a9Z0>

Extras

Headspace: Mindfulness Activities

<https://www.headspace.com/mi?fbclid=IwAR3qszUNMQRm6qqxN9pR4e4rsVqX-A30DeYxB4JhFYIxi1I0jqISwlQkp7E>

Scholastic Activities by Grade Level:

https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR24CbxF7oK4ImHrZ0IJMAsaytYBLalc8liPm-rtqNDiUcAS_I9AsaZnkWk

Link to a book for elementary students about dealing with the Corona Virus:

https://drive.google.com/file/d/1qW15CSyDuQUnal2VVvEpnV-W2XYrtFMS/view?utm_sq=gdknapn8r6&fbclid=IwAR1YGF7dLZwFyL1daJhvBMr-TjXjPqiCSZMB30PsueOI7NZCUxj6sj

Photos from Neurochild Community's post
in Mobile Uploads

**There is no evidence
that playing digital 'brain-
training games' improves
cognitive function in a
meaningful way. Going for
a walk, run, socialising,
dancing or doing craft are
better ways to improve
cognitive abilities.**

Neurochild

I've been a homeschooler for 12 years and posted this on my FB today:

As an experienced homeschooler I want to let parents know that your elementary age child only needs 1-2 hours of school per day. Middle school is 2-3 hours and high schoolers 3-4 hours. PLEASE don't expect them to spend 6-8 hours of school per day. That is not how homeschooling works. There are MANY resources available to you, use them!

Let them sleep in, it's good for their immune system.

No need to get dressed.

Talk to them about what they want to work on.

Let them be part of the planning.

Include 1 hour outside. Again, sun is good for the immune system.

Spend 1 hour reading.

Chore time.

Cook something together. A LOT of homeschool math is done in the kitchen.

This is a stressful time for all of us. Don't make it worse by stressing about school.

Be gentle with your babies and yourselves. If it gets frustrating, walk away.

Advocate



A final word..

