

Kids and E-learning

It's officially fall and the kids are back in school... at least part-time. The first few weeks may have been a breeze; it was new and exciting and kids wanted to learn from home, but now you may be dealing with kids who are having trouble focusing, are becoming less and less motivated to start and turn in assignments, or who just want to be in school with their friends. Here are a few videos and tip sheets to help keep your kids focused, motivated, and learning until we are all able to return to school 100% in person!

Videos

- **Khan Academy**

7 tips for motivating students during distance learning
<https://www.youtube.com/watch?v=TqedL7WAT6M>

- **Edutopia**

Keeping students engaged in digital learning
<https://www.edutopia.org/video/keeping-students-engaged-digital-learning>

Tip sheet, info, and more

- **Common Sense Media**

Take a look at this information about keeping kids motivated for online learning
<https://www.commonsensemedia.org/blog/keeping-kids-motivated-for-online-learning>

- **Kids Academy**

Take a look at this information about keeping kids motivated for online learning
<https://www.kidsacademy.mobi/storytime/keep-kids-motivated/>

- **Make it**

5 ways parents can help kids thrive amid remote learning
<https://www.cnn.com/2020/10/01/5-ways-parents-can-help-kids-thrive-amid-remote-learning.html>

- **Wide Open School**

Helps families and educators find resources to support distance learning
<https://www.wideopenschool.org>

- **Parents Together**

Tips for keeping kids motivated during virtual learning
<https://parents-together.org/tips-for-keeping-kids-motivated-during-virtual-learning/>



A few tips to help motivate your kids while learning at home

1. **Create an e-learning space:** if you have been working from home, chances are you have a dedicated work space; kids need one too. Help them find a space in the house where they only do school-related stuff.
2. **Establish structure and routine:** Routines can help signal it's time for learning. Maybe it's a sequence of events, a song you play everyday, etc. that lets your kids know it's time for school. Remember, this is a challenge for everybody and to give yourself credit for what you do accomplish and grace for what you don't.
3. **Take brain breaks:** Kids need an activity shift every 15-20 minutes to stay engaged in learning. It can be as simple as pausing to take a few deep breaths, standing up behind your chair and stretching, or walking across the room a few times.
4. **Stay in contact with teachers:** This online learning thing is hard! If you notice your child struggling to grasp a concept or you see a new behavior starting to emerge at home, reach out to their teacher and try to maintain an open line of communication, whether through phone calls or emails.
5. **Remember we're all in this together:** It has been a long seven months and it looks like we are going to be in this pandemic for a few more. Remind your kids the importance of washing their hands, why they have to learn at home, and how to stay safe and healthy. Share stories you see from around the country and world how kids are learning in new and exciting ways.

