

School From Home

With just several weeks left before the end of the school year and warmer weather it's getting harder to keep your child's attention. We understand! Use this sheet to develop a plan to **finish strong**.

Self Assess

Score your "schooling from home" up to this point on a scale of 1-10, with your child.

Poor 1 |—————| 10 Great!

Teacher/ Student relationship with Parent & Child.	
The amount of work you're getting from school.	
Communication with the teacher from school.	
How well is our daily schedule working?	
Do you feel the child is learning?	
Does the child seem motivated?	
Opportunities to explore other interests/passions?	

Goals

Based on your lowest three scores in the self assessment, write three goals to work on strengthening the rest of the year.

- ←
- 1.
 - 2.
 - 3.

Ideas for Freshening Up the School Day Grind...



Build-in Breaks: Building in breaks can help to alleviate frustration and increase attention and productivity. Think an average of 10-15 min work spurts for elementary and 20-30 minutes for middle to high schoolers before a 3-5 minute brain break. Make expectations clear by explaining the purpose, how long it will last, and selecting a few pre-approved choices together. (See our [Brain Breaks](#) resource for ideas.)



Change Environment: Environment has a tremendous impact on our ability to focus. If your child is starting to grow weary, try switching things up a little bit. Offer another workspace option, surprise them by decorating their designated school area with a few homemade motivational posters or hanging their best work on the wall. If you have an easy lesson, try teaching it outside or with music on in the background.

Give Incentives!

We all need some celebration for making it through these days. What can you look forward to?

1. Completing Your School Work for the Day: (bike ride, family game)_____
2. Finishing the Week: (family movie night, ice cream)_____
3. Completing the School Year: (trip to mountains, backyard camping)_____.