



# Samuel Bowles Elementary

## A PARENT'S GUIDE TO LEARNING FROM HOME



### Best Practices for Home Schooling:

Home schooling is not an easy transition for you or your child. Below are some tips in establishing some structure for your homeschooling needs. For more ideas/advice contact your child's teacher or counselor.

#### • **Creating a Routine:**

It is important to establish a daily routine for you and your child in order to create clear expectations. Determine what times you will hold for Breakfast, Math, ELA, Recess, Lunch, Social Studies, Art/Music, iReady etc. Once you have determined your hourly schedule, post it in your child's study area to keep them on task. It is okay to be flexible with the schedule dependent on your child's needs.

#### • **Building a Study Area:**

Creating a study area will keep your life organized and your child excited to have their own personal work space! Find a place within your home where there might be a blank wall, a comfortable sitting space with chair and table. You may post on the wall their daily schedule, calendar, completed work etc. Keep all the loose supplies in folders, baskets, or storage cabinets. Be creative! Use mason jars, empty candle jars, have the kids build their own storage baskets out of card board and decorate.

#### • **Quiet Hour:**

We all need a little quiet time for our own sanity or to get things done around the house. First determine when will be quiet hours in your home and stay consistent. Have a talk with your children/siblings about what is acceptable to do during this time (quiet reading, nap, arts, playing with a toy etc.). Try to stay away from electronics during this time, they can have screen time after school! Perhaps a good time to have quiet hour could be right after lunch.



### Positive Affirmations Parents/Guardians:

Affirmations are sentences aimed to affect the conscious and subconscious mind, so that in return, they affect our behavior, thinking patterns, habits and environment. Take deep breaths and repeat:

- I am relaxed and a loving parent.
- I allow my child the space to have his/her separate identity.
- I know how to guide my child with love and understanding.
- I make right decisions for my child's safety.
- I love playing with my child.
- I know how to relax and simply enjoy my child.
- I teach my child self worth and self care principles.
- I am a good example for my child.
- I take good care of myself, so my child will know how to take good care of him or herself.
- I'm patient, loving, and understanding towards my child.

### De-Stressing Activities for You and Your Child:

These can be stressful times for the whole family. Taking care of your mental health can go a long way in staying motivated, focused, and calm. Below are some ideas for staying grounded and meditating. Make sure to explain to your child the goal of meditation. Adjust activities to your child's age group.

#### • **Deep Breathing:**

Pretend your fingers are birthday candles and you need to blow them out. Breathe in for 3 seconds and breathe (blow) out for 4 seconds. Repeat for all five fingers.

#### • **Taping into Your Senses:**

Time to turn on your "Spidey Senses". Find a quiet space and sit comfortably. Sit for 2 minutes in the stillness while thinking about what you smell, feel, see, hear, and taste. After the two minutes, share out what you picked up from your senses.

#### • **Mindfulness Walk:**

Put on your comfortable clothes and head out doors! While on your peaceful walk take a look at your surroundings, the trees, grass, sky, wind, and animals! Spice it up with a challenge: spot as many birds, bugs, flies and any other animals as you can. While doing this focus your attention on their looks and sound.



### Self Care Ideas for Parents/Guardians:

This new normal or the unknown can feel a bit overwhelming. It is okay, to not be okay. That is why it is important to make time to take care of your own mental health. Remember you can not drink from an empty cup!

#### • **Practice mindfulness:**

Download meditation apps on your phone. Try out these free apps: Stop, Breathe & Think, Calm, HeadSpace. YouTube also has lots of guided meditations.

#### • **Feel the Calm:**

Color or draw: While coloring don't forget to deep breathe, or put on some calming music.

#### • **Join free online meditation classes:**

<https://www.uclahealth.org/marc/free-drop-in-meditation>

#### • **Stay busy:**

Stay busy with the home projects you've been putting off. Paint, re-organize, create your home gym, clean your tools, clean your makeup brushes etc.

#### • **Know when to step away:**

The news can also add to the stress, give yourself a time limit for how much COVID 19 news you can absorb for one day.

For more guidance and/or information please contact our Student Support Team:

Mrs.Muriel: [muriel-roldann@springfieldpublicschools.com](mailto:muriel-roldann@springfieldpublicschools.com)  
Mrs.Moylan: [moylanj@springfieldpublicschools.com](mailto:moylanj@springfieldpublicschools.com)

#### Website References:

<https://www.uclahealth.org/marc/free-drop-in-meditation>

<https://www.pbs.org/parents>

<https://www.destress.com/relaxation-techniques/positive-affirmations/positive-affirmations-for-parents/>

<https://www.scholastic.com/parents/school-success/school-involvement/8-steps-to-homeschool-success.html>