

Welcome to Eakin elementary school video series for families. This video provides information about how parents can organize time and space for learning while the children are at home during the mandated Covid-19 stay at home order.

Space for learning: although schools are closed and children cannot attend school, parents are reminded that they must provide a space in the home for learning. Please ensure that space for learning and time for learning are always the same every day.

Children need a quiet place: It is important that children are provided with a quiet place to learn and not sit in the middle of a social gathering.

Establish a routine for learning: parents should set a time for learning and a time for activities. If the children have work assigned by their teachers, make sure they begin that in the morning. Parents should keep in mind that children need to have breaks during learning to refocus their energy.

Allow time for play and recreation: children are use to recess and breaks during school. They cannot focus on learning for four to six hours. It is important that parents give frequent breaks to children.

Set time for breaks: according to research, younger children can concentrate on academic work for about 20 minutes then they should take about a 10 minute break. While teens and older children can concentrate for longer time periods, they also need breaks to include time for stretching.

Be creative with your children: during break times, set up some fun games so that children do not get bored or unruly.

Activities you can do at home: you can bake with your children at home or do arts and crafts or learn how to sew without a machine.

Activities you can do at home: you can also do creative skits with your child with songs and acting. This is a fun way to get the kids engaged in play, acting, and learning.

Give time for exercise: if your neighborhood is safe, take your children for a short walk in the neighborhood or have them play games at home. A game you can do at home is jump rope for example. jump rope does not require running and children get their exercise.

Limit TV time: since children are online with their teachers and have screen time most of the day, limit their TV watching time.

We hope some of these ideas will help you set a routine for learning for your children please be safe.