

Homeschooling Recipe for Success



Ingredients

- Consistency
- Positive reinforcement
- Frequent breaks
- Communication
- Taking care of yourself

Tips

Do your best to make your child's schoolwork as fun as possible. For math, use various items from around the house for examples. Cheer them on. Praise them as much as possible. Go outside. Change the atmosphere. If you make this fun, your child will see it as fun. If you are stressed, your child will be stressed. It's all in *YOUR* attitude.

Preparation

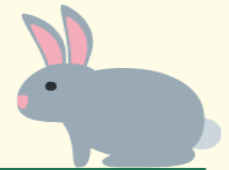
1. **Consistency is key.** Kids crave structure and consistency. Develop as much routine as possible. The best time to start is right after breakfast. Do as much as you can right away in the morning, while they are well-rested and have full stomachs. This is when their energy level and attention span is at it's best. The longer the day goes on, the more tired and bored they will become.
2. **Positive reinforcement.** Use as much positive reinforcement as you can. For example, every sentence your child writes, they earn a sticker towards a reward that suits them best. Try to give as many small, immediate rewards as possible and work their way to a bigger, end goal (i.e., once they fill up their chart, they get to stay up 30 minutes later, or earn extra iPad time.)
3. **Allow for frequent breaks.** If your child gets frustrated with their work easily, allow frequent, timed breaks. For example, once you write 2 sentences, you can play with your toys for 5 minutes, then come back and write 2 more. Using a timer can allow for consistency so they do not take advantage of the breaks.
4. **Communicate at their age-level.** Use as many emotion words as you can. For example, "I can see you are getting frustrated. Let's take some deep breaths together. What can I do to help you? What do you need from me?" Validate their feelings and that it is okay to get upset. Point out how well they handled a situation when they were upset. "Wow, look at how well you took those deep breaths when you got mad."
5. **Take care of you.** Don't forget to take care of yourself, also. If you can sense yourself getting frustrated, then it's okay to walk away for a moment and calm your own emotions.


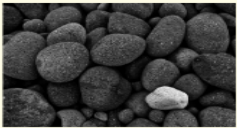






















Social Emotional Bingo

<p>Call someone you love who doesn't live with you and have a conversation using kind words.</p>	<p>After washing your hands, create a friendly card to send to an elderly person you live near. Deliver to their mailbox with a trusted adult.</p>	<p>Work with your family to think of all the things you can do and say to make your home a happier place!</p>	<p>Practice when it's appropriate to be silly versus serious while playing Freeze Dance!</p>	<p>Surprise a family member by making them a snack or meal!</p>
<p>Think of a time you made a mistake with how you handled your feelings. How could you have handled that differently?</p>	<p>Create a piece of art to give a friend once we are back at school.</p>	<p>Call a friend and tell them how you are feeling about e-learning. Make sure to listen AND share.</p>	<p>While you watch a TV show notice how the characters feel. How many emotions can you find?</p>	<p>Practice being mindful. Sit quietly and notice all that is going on around you.</p>
<p>Practice having a growth mindset. Try something new and don't give up!</p>	<p>It's okay to be mad but it's not okay to be mean. Make a list of ways to calm down when you are angry without hurting anyone.</p>	<p>Create a children's book about kindness and anti-bullying. Include your own characters and ideas on how to stop bullying!</p>	<p>Invite everyone you live with to play a game with you! Make sure to be a good sport.</p>	<p>Ask a loved one to tell you about a time they felt a big emotion. Make sure to ask them questions!</p>
<p>Write or draw about what you <i>hope</i> for this time at home, and for when we are back at school.</p>	<p>Tell a loved one about a time you felt a big emotion. How did you deal with it?</p>	<p>Go outside and write an encouraging message for people either in chalk or on paper.</p>	<p>Go for a walk outside and think of all the things you are grateful for. How many can you think of?</p>	<p>Practice deep breathing for 3 minutes. (In through your nose, out through your mouth slowly)</p>



Nature Walk Bingo



 PINECONE	 ROCKS	 FLOWER	 4 LEAF CLOVER	 WATER
 SQUIRREL/ CHIPMUNK	 FLYING BUG	 LIMB/BRANCH	 SPIDER WEB	 SUN
 BUTTERFLY	 CLOUD	<i>Free</i>	 RABBIT	 NEST
 BIRD	 LEAF	 WORM	 ACORN	 MUSHROOM
 ANT	 DANDELION	 DEER	 ANIMAL TRACKS	 CRAWLING BUG



7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can





ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

1 Make a plan to help you keep calm and stay in contact

8 Take five minutes to sit still and breathe. Repeat regularly

15 Make some progress on a project that matters to you

22 Find positive stories in the news and share these with others

29 Connect with nature. Breathe and notice life continuing

2 Enjoy washing your hands. Remember all they do for you!

9 Call a loved one to catch up and really listen to them

16 Rediscover your favourite music that really lifts your spirits

23 Have a tech-free day. Stop scrolling and turn off the news

30 Remember that all feelings and situations pass in time

3 Write down ten things you feel grateful for in life and why

10 Get good sleep. No screens before bed or when waking up

17 Learn something new or do something creative

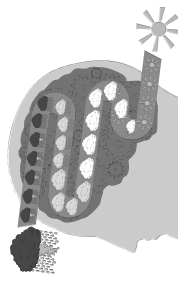
24 Put your worries into perspective and try to let them go

4 Stay hydrated, eat healthy food and boost your immune system

11 Notice five things that are beautiful in the world around you

18 Find a fun way to do an extra 15 minutes of physical activity

25 Look for the good in others and notice their strengths



ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

25 THINGS **TEENAGERS** CAN DO DURING SOCIAL ISOLATION

@hilaryrhodesdesign

LEARN TO PLAY A NEW INSTRUMENT (YOUTUBE!)	WRITE A POEM OR A STORY	TRY A YOUTUBE DRAWING TUTORIAL	SWAP BOOK SUGGESTIONS	WRITE & MAIL A LETTER TO A GRANDPARENT
GET SOME FRIENDS VIRTUALLY TOGETHER TO PLAY "PSYCH"	BAKE SOMETHING NEW	WRITE A SONG	TEACH A FAMILY MEMBER TO DO SOMETHING YOU LOVE	MAKE SOMETHING CREATIVE (THAT YOU NEVER SHOW ANYONE)
GO ON A WALK (OR RUN) AROUND THE BLOCK	VIDEO GAME TOURNAMENT WITH YOUR FAMILY	HAVE A "CHOPPED" COMPETITION FOR DINNER	CREATE A NEW MUSIC PLAYLIST	YOUTUBE YOGA OR MEDITATION
JOURNAL YOUR CORONAVIRUS EXPERIENCE	REARRANGE YOUR ROOM	WRITE A LETTER TO YOUR FUTURE SELF	FIND A BOOK ON THE LIBBY APP TO LISTEN TO	WRITE A BUCKET LIST
DO A JIGSAW OR LOGIC PUZZLE	LISTEN TO A NEW PODCAST	OFFER TO MAKE DINNER FOR THE FAMILY	TAKE AN ENNEAGRAM TEST	INVENT A NEW GAME



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

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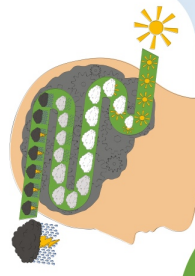
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Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



CALENDARIO DE AFRONTAMIENTO ACTIVO: ABRIL 2020



DOMINGO

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

"Nos lo pueden quitar todo, menos una cosa: la libertad de elegir nuestra actitud en cualquier tipo de circunstancias" (Viktor Frankl)

5 Actívate. Incluso si no puedes salir de casa, muévete y estírate

6 Contacta con un vecino o amigo y ofrécele ayudar

7 Comparte lo que sientes y está dispuesto/a a pedir ayuda

8 Dedicar cinco minutos a quedarte quieto/a y a respirar. Repítelo a menudo

9 Llama a un ser querido para ponerle al y escúchale de verdad

10 Duermes bien. No mires pantallas antes de acostarte o al despertar

11 Observa cinco cosas hermosas del mundo que te rodea

12 Sumérgete en un libro, en un programa de televisión o en un podcast

13 Responde positivamente a todas las personas con las que interactúes

14 Juega un juego que e gustaba mucho cuando eras más joven

15 Avanza en un proyecto que te interesa

16 Redescubre una música favorita, que realmente te levante el ánimo

17 Aprende algo nuevo o haz algo creativo

18 Encuentra una forma divertida de hacer 15 minutos extra de actividad

19 Haz tres cosas amables, por pequeños que sean, para ayudar a otros/as

20 Tómate un tiempo para el autocuidado. Haz algo amable para ti

21 Envía una carta o mensaje a alguien con quien no puedes estar

22 Encuentra historias positivas en las noticias y compártelas con otras personas

23 Pasa un día sin tecnología. Deja de mirar pantallas y no escuches las noticias

24 Pon tus preocupaciones en perspectiva e intenta dejarlas ir

25 Busca lo bueno en los demás y observa sus fortalezas

26 Da un pequeño paso hacia una meta importante

27 Da las gracias a tres personas con las que estás agradecido/a y díles por qué

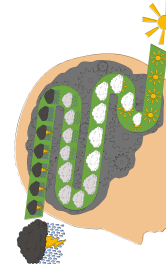
28 Haz un plan para volver a reunirte con otros, más adelante en el año

29 Conéctate con la naturaleza. Respira y siente que la vida continúa

30 Recuerda que todos los sentimientos y situaciones pasan con el tiempo

3 Escribe diez cosas por las que te sientes agradecido/a y di por qué

4 Mantente hidratado/a, come alimentos saludables y fortalece tu sistema inmunológico



ACTION FOR HAPPINESS

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30 acciones para cuidarnos a nosotros/as mismos/as y a los demás mientras afrontamos juntos/as esta crisis mundial

Mantén la calma - Actúa de manera sabia - Sé amable