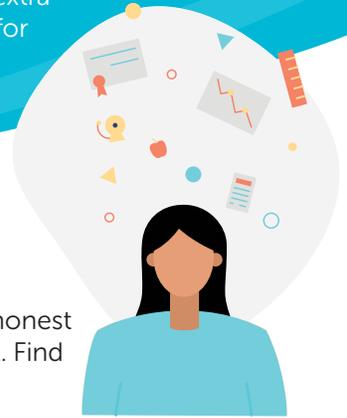


Remote Teaching Tips

Connection matters, and connecting with your learning community can take extra time and energy when you're teaching online. FreshGrade Connect has tips for remote teaching to help you stay healthy and happy.



Check-in

Take a moment to check-in with yourself before you start your day. Be honest with yourself about where you're at and reach out for help if you need it. Find a simple relaxation routine you can use anytime, anywhere.

Own your schedule

List your top 2 or 3 priorities on a post-it and focus on those. It's easy to never stop working...so set boundaries for your time. Remember it's okay to say no.



Note your screen time

Give yourself a break from screens, be intentional about your time with screens (including social media) so you can say it improves your life, not distracts or detracts from it.

Notice your community

Find fast ways to reach out to parents and students to let them know you value them. Reach out to colleagues, even to say hello. Don't forget to get out in your own community and keep doing the things that make you happy.

Exercise your body

Daily activity is important to physical and mental health, so commit to moving. Schedule time for physical activity as you would any important meeting. Do physical things that make you feel happy—whether that's a traditional workout or dancing in your kitchen.



Celebrate the wins

Keep track of the things that make you smile, and share them. Remind yourself that the small things matter, so notice them and point them out.



Thrive in the space you have

Wherever you are, aim for a quiet, clutter-free spot with good lighting. Sit in a "neutral" position with a straight neck, straight, relaxed shoulders, your low back supported on the backrest of the chair, and feet flat on the floor or on a footrest.

Remote Learning Tips

How to help your child succeed this school year—remotely or in-class.

Check-in

Take a moment to ask your child how they're feeling and acknowledge what they say. Let them know that you're there to support them. Practice a relaxation routine that they can use anytime, anywhere—like a simple, deep breathing exercise.



Own the schedule

Have your child do a simple “to do” list every day so they can learn how to plan their time, and check things off the list!

Note their screen time

Set firm boundaries for screen time, and especially social media which is known in kids to decrease feelings of wellbeing. Help them create lists of (fun!) things to do that don't include screens.

Nurture learning with engagement

Reach out to your child's teacher and communicate any special challenges they're having—or you're having! Be active in their learning journey. Comment inside learning portfolios, talk about assignments, etc.

Exercise

Daily activity is important to physical and mental health, so help them schedule time to move. Remind them that moving more doesn't have to be running in the soccer field. It might be walking a pet, going on a nature hike, or doing stretches together.

Celebrate their progress

Point out things they're doing right every day. Encourage a growth mindset by celebrating growth from mistakes, too.



Thrive in a healthy space

If possible, aim for a quiet, clutter-free spot with good lighting. Encourage comfort and good posture.



Remote Learning Tips

Learning from home? Here are a few ideas to help you have the best school year yet.

Check-in

It's okay to not be okay all the time! If you want to share how you're feeling, try drawing a feelings face on a post-it note and leave it up so your family and teacher can see it.

Own the schedule

Every morning, make a list of the things you need to do. Check them off as you do them!

Note your screen time

You need screens...but too much time with them isn't healthy. Set a limit with your parents and stick to it.

New discoveries

Set time each day to get curious and learn about something new, or to do things that you're interested in.

Exercise

Make a list of ways you're going to move today! Being active helps you stay healthier, happier, boosts your creativity...and is fun!

Celebrate your wins!

Small or big accomplishments, it's important you stop and pat yourself on the back for the ways you made progress today.

Talk to friends

Online or in person, if you're missing friends or classmates, ask your family or teacher about ways you can safely connect.

