

# What do I do when...

## Supporting students and families while learning from home

As you support your family's learning during school closures, know that you are their best resource and ally because you know them best. Here, we have compiled a list of ideas to get you started if you are feeling stuck. We appreciate that every family and learner is unique, so use these ideas together or one at a time as you need.

### If Students Need Help

If...	Then...
I do not understand what I am working on...	I can reread the directions. I can look at the example problem. I can ask an adult.
My schoolwork is too hard or too easy...	I can look for extension activities. I can think about how I would change the problem. I can skip the problem I am working on and come back to it later.
I am worried	I can speak to an adult. I can practice a mindfulness activity. I can write down my questions or concerns. I can use the calm down checklist. <a href="#">Calm Down Checklist</a>
I need to take a break	I can practice my breathing exercises. I can practice a mindfulness activity. I can stretch. I can listen to a song.
If I am having a hard time getting started	I can make sure my work space is set up. I can use the restroom before starting. I can get my supplies ready. I can make sure my computer is plugged in. I can ask an adult to help me with the first question. I can take a deep breath.
If I do not know what to do or work on...	I can check my schedule . I can ask an adult.

## If Caregivers Need Help

If...	Then...
My student is worried...	I can give them space to share their fears. I can validate their worries. I can ask questions about what they are worried about. I can talk about specific ideas to help students feel in control .
My student does not understand the material...	I can model how to complete an example problem. I can reach out to their classroom teacher. I can encourage them to try a sample problem. I can watch a video with them showing how do the problem.
I am wondering what to work on next...	I can check the community school website. I can reach out to their classroom teacher. I can consult with <a href="http://corestandards.org">corestandards.org</a> .
I have questions about school closure...	I can check the community school website. I can call the community school.
My student is struggling to stay focused...	I can create a routine and visual schedule. I can make time for movement throughout the day. I can create a quiet space for coursework. I can let them choose what they would like to work on first. I can set up a chart or rewards system.
I am working from home...	I can help students set up independent tasks to work on during that time. I can help create boundaries with everyone's input. I can set expectations for when and how to interrupt. I can create a visual system for my student communicating needs .

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