

Distance Learning

WITH WAYNE STATE'S FAMILY
RESILIENCE LAB



ORGANIZATION

- Keep school essentials in one place.
- Create a password keeper.
- Structure the day in a way that makes sense to you and your family.

ESTABLISH ROUTINES

- Make a daily checklist
- Allow time to unwind from school before starting homework or chores.

REMEMBER THE SOCIAL AND EMOTIONAL PIECES

- Take breaks
- Allow child to change seats or positions
- notice behavior: fidgeting, tantrums, melt downs, or lack of energy could signify that accommodations may be necessary.

ADVOCATE FOR YOUR CHILD

- Mandating cameras and clothing choices should not be a priority.
- You have the *agency and right* to push back on practices if you or your child are struggling

MOTIVATION

- **Use motivators rooted in connection:**
 - Let child decide a breakfast, lunch, or dinner menu for the whole family.
 - Child picks the show or movie for family movie night.
 - Extra time outside, with friends, or screen time.
 - Choose a brain-break, like GoNoodle, or Just Dance on Youtube.
 - Baking or making a special treat.
- **Example behaviors to reward:**
 - Completing classwork.
 - Participating in Zoom or logging in with out asking for help.
 - Cleaning up their work area.

INCORPORATE PLAY WITH REAL WORLD AND SCHOOL

- **bake together:** read the directions, practice measuring and fractions.
- **Learn about community services:** recycling/garbage, mail/delivery
- **Make a math game out of cleaning:** count how many toys they can pick up in a certain time limit, or practice skip counting

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