

Hellenic Classical Charter School Park Slope & Staten Island

Here are some great strategies to help everyone during these challenging times:

Create a schedule and routine for learning at home, but remain flexible.

- Have consistent bedtimes and get up at the same time, Monday through Friday.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity.
- Allow flexibility in the schedule—it's okay to adapt based on your day.

Consider the needs and adjustment required for your child's age group.

- The transition to being at home will be different for preschoolers, K-5, and middle school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Consider ways your child can stay connected with their friends without spending time in person.

Look for ways to make learning fun.

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

Here are some great links for you to help keep the kids busy:

1. <https://www.livescience.com/coronavirus-kids-activities.html>
2. <https://time.com/5803373/coronavirus-kids-at-home-activities/>
3. <https://www.scholastic.com/teachers/student-activities/>
4. <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>
5. https://www.amnh.org/explore-now?utm_expuid=.ljk1v7QMTfaFR6lwY6_a7Q.1&utm_referrer=https%3A%2F%2Fwww.amnh.org%2F

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