

Transforming Home Into a Classroom



Integrating Classroom Content into Household Activities

Replicating a classroom at home is challenging, but creating opportunities for your child to learn through daily activities like playing a game with the family, cooking, and helping around the house with chores is a great way to embed teaching opportunities into daily routines. Fun ways to integrate educational content at home include:

- Playing games together
- Having learners help with cooking and baking
- Increasing responsibility through chores



Building a Community at Home

Managing everyday challenges can be even more troubling now that we are helping our kids navigate classroom learning at home, but you can enhance community at home with Restorative Circles.

Circle at home by steps:

1. Find a place in your home where everyone can sit, feel comfortable and see each other.
2. Pick someone in your family to lead the circle and find a talking piece that has meaning to the family.
3. The leader needs to have a question or topic to start the circle.
4. State the question or topic then allow the talking piece to go around.
5. The person with the talking piece should be the person responding to the question or topic (only 1 person talking at a time), including the facilitator.
6. Pass it to the next person when they are finished with their answer.



Fostering Positive Communication

Incorporating guided questions will help each learner identify how they are feeling, emotionally, mentally and physically each day. In an attempt to continue to support your student while they are learning from home, you can utilize the list of guided questions below to help you check in with your student.

Guided Questions to set up the day:

- What is your goal for today?
- What assignments/activities need to be completed today?
- What do you need to complete your school activities?

Guided questions to end the day:

- What's one thing that you're really proud of that you'd like to share with me?
- What kind of day have you had so far?
- What is one thing that went well for today?
- What is one thing that did not go well for today?
- What can you do to ensure you are successful tomorrow?

Creating A Learning Environment



Choosing a Successful Learning Area

Making small changes to your home can promote more efficient learning. Choose a designated space (indoor or outdoor) for the learning area. Remove or turn off distractions (cell phones, TV, etc.) to get ready to learn.



Flexibility

Try being flexible when choosing your learning area. Some children feel most comfortable learning at the table while others like to spread out on the floor! Get creative with your supplies! It doesn't always have to be a pencil and paper.



Power of a Schedule

A schedule structures our day for not only our children but also ourselves! It provides predictability, security, and can help prevent challenging behavior. Your schedule should be consistent, specific (times & activities), and include breaks.



Setting Behavior Expectations for NTI

Identify a few clear, concise, *positively stated* behavioral ground rules. For example:

- Stay on task
- Ask for help after you have tried once
- Have a quiet room when on google calls
- Keep your learning space free from food/drink

Post the expectations in the learning space, review these prior to NTI time or when reminders are needed! If you can connect these to the school's school-wide expectations, even better.



Managing Your Digital Resources

Many devices can have Google classroom capabilities (cell phones, game systems). Use these to get your child engaged in NTI learning. Limit the number of devices online at the same time to boost wifi speed.



Making Healthy Choices

Making healthy choices can lead to more energy & productive learning while decreasing anxiety & depression. Make your children eat healthy food, get good sleep, practice mindfulness, and have a support system.

Promoting Positive Behavior



Power of Praise

It is a stressful time for everyone trying to manage work, school, and home. *Behavior-Specific Praise* is one way that we can use language to reduce challenges and help our students engage and feel confident.

Step by Step:

1. Identify what you want your child to do
2. Praise with enthusiasm, naming what he or she did
3. Give them the non-verbal affection (smile, pat on the back, or high five).



Using Preferred Activities to Motivate

Are you having trouble motivating your child to complete schoolwork? Is your child spending too much time playing video games or watching YouTube and avoiding responsibilities?

Motivation is the key to success!

- Improves behavior and creates a more positive attitude
- Helps learners progress towards their goals
- Improves communication by setting clear expectations
- Results in less parental stress.

Activities to Motivate:

- Have daily conversations with your child about their motivations, challenges, and needs
- Set expectations with your child so they will know what they should focus on first
- Use rewards and motivating items for the most difficult or less preferred assignments.



Behavior Contracts & Charts

Behavior contract & charts work to:

- Set expectations or rules
- Outline consequences for negative behavior
- Provide rewards/privileges for positive behaviors

These can increase motivation to do schoolwork and reduce off-task behavior!

Quick Tips

1. Ask your child what they are motivated by
2. Set some rules to earn it
3. Be prepared to pay up or work through it!

Our children are always trying to communicate something to us.

Sometimes that behavior is not always what we want to see, such as arguing, defiance, whining, etc. We can help *change* & **TEACH** more appropriate behaviors by the way **WE** respond!



Our children will sometimes learn that their challenging behavior can be successful at getting them what they want.

- Access to toys/games should be given based on *positive behaviors*
- If you say "no" it stays "no"
- Teach your child language works **not** misbehavior
- Do not give items/activities to make behavior stop



Either positive or negative, our children can learn how to successfully get our attention.

- Try not provide a reaction to the crying or yelling. Walk away if needed!
- Provide attention randomly throughout the day when your child is being successful with independent play or school assignments.



Sometimes our children react because of something they are feeling *inside*.

- Try asking your child how they are feeling each day.
- Help ensure your child has a set eating and sleeping schedule to stay focused.
- Include times throughout the day to have movement breaks and time to get outside to exert energy.



At times our children are able to get out of things or avoid things they don't want to do based on their challenging behavior.

- Maintain calm, neutral interactions when setting expectations or when your child is upset.
- Push back doesn't mean give up! If we ask our child to do something it is important they do it once they have calmed & regrouped.
- Look for opportunities to be proactive! At signs of frustration, offer short breaks or help.

Responding to Challenging Behavior

