



## Motivating your Child when 'Learning from Home'

Firstly, please remember that we are all coping with an exceptional situation and the learning activities offered by the school are intended as a guide only, to provide some continuity and structure for the children. You do not have to complete everything offered! Just spending time with your child - playing, reading, cooking and taking part in activities together - will support their development.

However, here are a few tips that may support learning from home, if this is something that is becoming tricky and you feel your child is lacking motivation.

1. **Create a 'Learning Space'** that is as distraction free as possible and comfortable for your child. Ideally, this space should be chosen together. It should be separate from their play space and bedroom, so that it is an area specifically associated with learning. Some parents are even asking their child to wear school uniform during 'home school' time, but that is of course up to the individual family!



2. **Follow a schedule** to give structure to the day, ideally mimicking the school day as much as possible. Routine is key to a successful outcome and will also support your child's adjustment to the situation. You can either use the suggested timetable on your child's year group outline, or amend this to create your own. You could create one to suit the whole family, working around constraints such as virtual meetings. If possible, make this visual (especially helpful for younger children) and include 'non-school' based activities also.

Morning 1	Break	Morning 2	Lunch	Afternoon 1	Afternoon 2

3. **Celebrate achievements, no matter how small.** Give positive reinforcement for effort and successful completion of a task. Ask your child to share what they have done with you and how they feel they have been successful, even if not all of the task has gone to plan. Remember, no rewards...!

Here are some growth mindset sentence openers and questions to help structure positive praise:

*I can see that you have...*

*You have remembered to use...*

*You kept trying and didn't give up!*

*You have tried hard to...*

*How do you think you could improve?*

*What do you think you have done well?*



4. **Avoid negativity**, recognise that there will be good days and bad days, and be kind to each other. Teaching your own children is difficult! To make tasks more accessible, you could try breaking them into smaller sections – create bite size goals. The important thing is not to give up. If your child is feeling overwhelmed by the changes presented by the current situation, encourage them to talk about it and remind them that this is a temporary situation. There are also resources for children on the 'Keeping Well' section of our website:

5. **Make sure that you have 'breaks'** from timetabled learning – ideally to do something fun that your child has chosen to do in advance. Physical and mental health are now more important than ever, so an activity which involves exercise – whether this is time in the garden or an online workout – would be especially beneficial to mindset and concentration levels.

6. **Encourage open and sincere communication.** Share opinions and validate feelings – even if you disagree! If your child appears stuck and frustrated, remind them to use a 'trick' to be ready to try again and have another go. Ask them what they would do at school if they were stuck. Ask a buddy, use a book, use their brain... Key words and phrases that we use at school in line with our ethos are persevere, be resilient, don't give up...

Tricks that could be useful are:



## TRICK BOX

*Breathing Colour – breathe in your happy colour, breathe out your negative colour. Repeat this until calm and ready to talk about the problem.*

*Lightbulb – Think of different ways to approach something. This is all about problem solving and thinking outside the box.*

*Floating Cloud – This trick is all about relaxation. Close your eyes and pretend that you are floating on a cloud. Feel your body float into the cloud and relax.*

7. **Encourage different types of learning style.** The learning that is on the website is a guide to content and expectations for this half term. If your child is reluctant to sit and write a story, for example, encourage them to act it out and screen shot it using a tablet or phone. They can then add captions and make a story board. Don't be afraid of being creative and amending the tasks set.



Tap into topics which engage your child and explore them in greater depth. Do what works for your individual child, just as we would do if they were in school - and have fun!



Your child will undoubtedly be missing their friends, so perhaps facilitate a video call to discuss particular learning activities, if you can. The opportunity to see how classmates are getting on and what they have been doing may give them a boost. It is important, however, to monitor the use of phones and social media to ensure that they do not increase feelings of isolation and anxiety.

8. **Provide an element of choice** wherever possible. This could be allowing your child to choose which learning they do, in which order, or choosing how they go about completing a task. Play to their strengths so that the experience is positive. If your child is struggling to start a task, then try giving them a 'blind choice' – offer two choices, each being something that you would like them to do. It allows for a positive outcome where the child still feels in control of the situation.

