

# Setting up a workspace

## Make Space



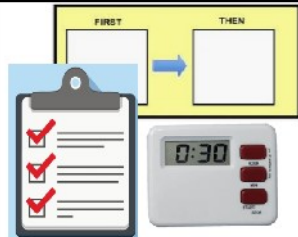
- Space for my child/children to learn?
- Space may vary based on activity.
- Comfortable?
- Is the lighting okay?

## Limit Distractions



- How can I limit noise, TV, social media...?
- Can I have one child do a quiet activity while I work with another?
- Strategies: headphones, cardboard carrel

## Create Structure



- Can I create a predictable schedule or routine for learning at home?
- Include breaks, food, movement, rest, play
- Strategies: choice, schedule, checklist, timer, visuals

## Access to Supplies



- Do we have the supplies we need?
- Do I know how to access and connect with my child/ren's teacher?
- Do I know how to access resources online/offline to support my child's learning?

## Lead with the Heart



- Be flexible and compassionate.
- Ask for help when needed. Stay connected.
- Take it slowly. We are in this together.
- Strategies: calming activities, encouraging words, positive and clear communication