

WHAT IS A LEARNING COACH?

A learning coach is an adult who supports learning at home (helps keep time; makes sure materials/devices are ready for the day; reviews learning at end of day including looking over comments from Google Classroom, Seesaw, etc.; makes sure students are on Zoom/Google Meet and on-task).



CREATE AN IDEAL LEARNING SPACE



A hard surface to write on



A place where the internet connection is consistent and reliable



Is it the best place in our home for concentrating?



A spot to keep supplies -- a leftover box, an emptied tote bin, a backpack, etc.



Is it a spot in our home that has enough light?



Is it personalized in some way? Make pictures to decorate the space, relocate a photo/wall art from another spot in the home, etc.

Daily Check List

SUPPLIES AND MATERIALS

binders, folders, paper, pencils, and crayons, etc. are well stocked

ELECTRONIC DEVICES CHARGED AND WORKING

iPad / Chromebook / mouse / headphones

REVIEW THE DAY'S SCHEDULE WITH STUDENT

WHAT STRATEGIES DO TEACHERS USE IN THE CLASSROOM TO HELP STUDENTS WHO ARE GETTING FIDGETY, LOSING FOCUS, NEEDING A BREAK, ETC. THAT I COULD USE AT HOME?

Students could use a yoga ball instead of a chair, play with a fidget toy or squishy item, and have space to stand when needed. You could create a "brain break box" (ex: coloring pages, etc.) for times when your child has a break. This might include relaxation activities like calming pictures, puzzles, etc. When students are squirmy, you could send them on an errand to complete a quick chore or give them a stretch/movement break with GoNoodle.





WHAT QUESTIONS CAN I ASK MY CHILD AT THE END OF THE DAY TO CHECK IN?

Tell me about someone you enjoyed talking to today.
 Tell me about one question you asked in class today.
 Tell me about something new you learned today.
 Tell me about what you found to be most challenging today.
 Tell me about something you are learning in ...
 Tell me about something you still want to learn.
 Tell me about what you are looking forward to this week.
 Can you show me the assignments you worked on today?

IDEAS OF WHAT KIDS CAN DO DURING THEIR BREAKS

- Play outdoors
- Exercise challenges
- 10,000 steps
- Nature walk
- Refill water bottles/get a drink
- Go to the bathroom
- Color/Arts & Crafts
- Play with legos
- Go off screen

WAYS TO GET MOVEMENT DURING THE DAY

- Take a walk/run
- Participate in Go Noodle
- Dance to a Kidz Bop song
- Try Cosmic Kids Yoga
- Run up and down the stairs
- Use a step counter to motivate them to move
- Video Game Workout (YouTube)
- Last Person Standing (see who can do jumping jacks the longest and applaud the winner!)

WHAT ARE SOME ACTIVITIES FOR ME TO DO WITH MY CHILD OUTSIDE OF SCHOOL HOURS?

Read to them
 Play together
 Find ways to get outside and enjoy nature
 Get exercise as you are able
 Build puzzles together
 Cook or bake together

HOW CAN I HELP THE TEACHER AS THE LEARNING COACH?

Check in regularly with your student to be sure they are actively engaged with school. Check your student's assignments for feedback and further instruction. Ensure that your child is prepared and on time to class and stays in class.

TEACHERS TALK ABOUT LETTING KIDS MAKE LEARNING MISTAKES. HOW DO I KNOW IF IT'S SOMETHING I SHOULD CORRECT?

Remember to facilitate and coach rather than immediately correcting or giving answers. Give your child opportunities to find their own mistakes. Teach your child how to look at and revise their own work to find mistakes. Remind them to self correct.

WHAT KINDS OF BREAKS DO KIDS TAKE WHEN THEY'RE IN SCHOOL AND HOW OFTEN?

Students take movement breaks, often have extra recess, and have opportunities to chat and snack. Specials are a break from the classroom with travel time to/from the specials classroom. There is transition time between subjects/activities in the form of movement or play. Breaks are more frequent in lower elementary.



SOCIAL-EMOTIONAL SUPPORT IDEAS

- Social interactions with other children and adults
- Make playdates with classmates--even if it's virtual
- Get outside to play
- Check in--how are you feeling today?--each day
- Honest conversations about struggles
- Make FaceTime or Zoom dates with extended family members

GENERAL READING TIPS FOR AT-HOME

- Do a family read aloud.
- Make a dedicated reading time for your child daily.
- Have a discussion with your child about what they are reading.
- Play games with letters/letter sounds: scrabble, concentration /memory, license plate bingo, scavenger hunts for letter ID & sounds, or even make up your own silly rhyming games.
- Read in front of your child.
- Listen to your child read.
- Have your child tell you what they are reading about - ask about the characters, setting, life lessons, favorite parts, confusing parts, etc.

GENERAL MATH TIPS FOR AT-HOME

- Encourage your child to show all of their work/thinking.
- Practice math facts (addition, subtraction, multiplication, division) together.
- Play board games that involve math and reasoning.
- Use math in everyday life examples. Have them help measure as you cook or tell you the time. You can also have them count money. Have them read prices, speed limit signs, etc. in everyday life to help with number recognition.
- Count by 2's, 5's, 10's.
- Use card games to help with reasoning and identifying numbers.



GENERAL WRITING TIPS FOR AT-HOME

- Ask them to sequence the events of the day.
- Resist spelling for your student.
- Remind students to start each sentence with an uppercase letter.
- Encourage students to use their word wall (a spot in their learning space where they can write new sight words).
- Remind students to use finger spaces between words.
- Have your child engage in all types of writing--grocery lists, letters to grandma, storytelling, etc.
- Have your child show you their writing.

IF I HAVE QUESTIONS OR CONCERNS ABOUT MY CHILD, WHOM SHOULD I REACH OUT TO?

The teacher is your primary partner in learning for your child. Please reach out to the teacher first. If the teacher cannot help, they will find you the contact you need. If you need further assistance after reaching out to the teacher, you can contact the principal.

