

# SMOOTHER HOME LEARNING?

## TIPS FOR CREATING SUCCESSFUL LEARNING AT HOME

**“Learning can be enhanced or hampered by certain environmental conditions”**

Just as you have your own **environmental needs to feel productive working and functioning at home** during this unprecedented time, children have their own environmental needs. When it comes to creating an optimal home learning environment, consider the following ideas to support attention, engagement and greater independence.

### FURNITURE & MOVEMENT

- ✓ Ensure children have appropriate sized seating and table/desk or adjust as needed. [Click here](#) for tips on: **“The Ergonomics of a Child’s Work Space”**.
- ✓ Build in regular movement. [Click here](#) for: **“Brain Break Ideas”**



### VISUAL MATERIALS & LIGHTING

- ✓ Choose or create an area that is free from visual distractions (TV, video games, toys)
- ✓ Use natural light when possible
- ✓ Position technology (iPad/computer) to limit eye/neck strain
- ✓ [Click here](#) for some extra tips on **“Kids and computer eye strain”**

### NOISE



- ✓ Reduce background noise or choose a quiet work space
- ✓ Consider headphones during virtual classroom sessions
- ✓ For independent work, music can be used to enhance attention: stimulating or calming

### TEMPERATURE CONTROL



- ✓ Open or close windows
- ✓ Avoid temperature extremes (too hot – fall asleep, too cold – unable to focus)

### PARENT/CAREGIVERS



- ✓ **Scheduling** – discuss strategies to give each child space to learn distraction free
- ✓ **Expectations** – now more than ever learn to adjust your expectations. Go easy on yourself and your children.
- ✓ **Support** - reach out for assistance: We are in this together!
- ✓ **Helpful Resources:** Open School BC – [Click here](#) and then on **“Learning from Home”** icon

*Compiled by SD 42 school district occupational therapists and helping teachers and adapted during COVID-19 for parents/families.*