

# POPEY @ Home

*Provincial Outreach Program for the Early Years*

## Tips for Home Learning



# Starting With Love, Safety & the ABCs



- focus on physical & emotional love and safety for the whole home (*before starting any learning*)

**A** = autonomy

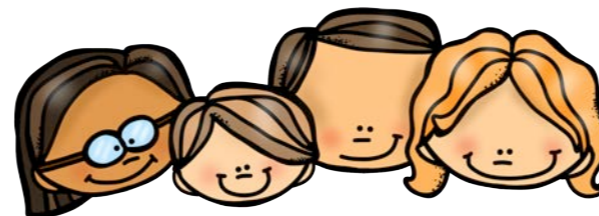
choice, co-creating routines, exploring learning in different ways

**B** = belonging

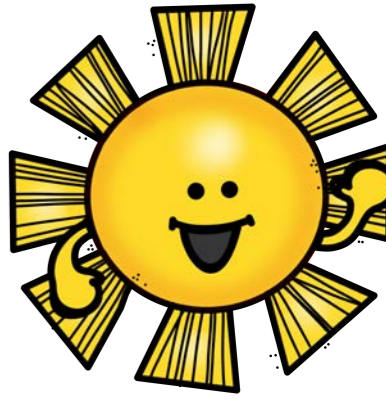
family connections - in the home & outside the home  
social connections - friends & loved ones kids can't visit

**C** = competence

positive attitude, strategies for focusing, motivation...



# Considerations for Supporting Learning at Home



## Create a Morning Routine - Together

- create a morning routine as a family
  - ▶ *not* while you're in the middle of the routine - at a different time
  - ▶ take the whole family's needs into consideration (*adult's schedule & kid's*)

### consider:

- wake up time
- breakfast time
- family connection time (*morning hugs,...*)
- baths/showers/teeth brushing,...
- when learning time will begin



- have the kids write out &/or illustrate the morning routine
  - ▶ *post it in the home/learning space*



Keep It Simple!

# Considerations for Supporting Learning at Home



## Create a Learning Plan - Together

- create a learning & playing schedule that's going to work for the whole family
  - plan & schedule for learning AND physical & mental health

### consider:

- blocks of learning time
- brain breaks
- healthy foods/snack time - including water/hydration
- fresh air/nature
- movement/physical activity (inside & out)
- love and connection time (in the home & virtually)
- feelings talk time

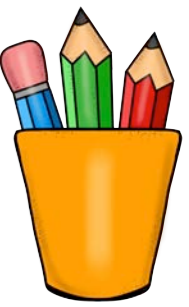


- provide the kids **choice** as you create the learning plan
  - *timing, snacks, order - small choices throughout the day help them to feel they've got some control in an uncontrolled situation*

- have the kids write out &/or illustrate the Learning Plan
  - *post it in the home/learning space*



# Considerations for Supporting Learning at Home



## Set Up the Learning Space

- decide on a place/places for each child to work on learning

consider - is the space...

- favourable for learning?
- well lit?
- clean?
- have tools available? (*pencils, erasers, paper, pencil crayons/crayons...*)
- well organized?
- as distraction-free as possible?



- provide the kids **choice** as you set up the learning space

▶ *chairs, tools, lighting...*



# Considerations for Supporting Learning at Home



## Develop a Positive Learning Attitude - Together

- model a positive attitude towards learning - a learning mindset
  - ▶ *if adults are positive/excited - kids will be more open to the learning*
- offer **choices** throughout the day
  - ▶ *kids need a sense of power & control through small choices*
- use a timer for scheduled activities
  - ▶ *then the adults aren't the 'timekeepers' & seen as nagging about time*
- read instructions/directions together
- use confidence boosting language
- we learn most from mistakes!
  - ▶ *allow for mistakes & don't try to correct everything...work through important learning together, when possible*
- take & schedule brain breaks
  - ▶ *before frustrations crop up*



# Effective Routines for Literacy Development at Home

Daily experiences can include:

- ✓ reading an “easy read” text they can understand and read with accuracy
- ✓ listening to adults model speaking in complete sentences and reading aloud fluently to them
- ✓ participating in language activities such as games, songs, poems, rhymes, etc. that focus on word play and develop their word solving skills



- ✓ re-reading books and listening to audio books to help build fluency
- ✓ talking with others about stories they’ve read or written, or shows they’ve watched, and orally answering open-ended questions
- ✓ activating prior knowledge and experience to make connections to reading and writing activities