AT-HOME LEARNING

ONLINE WEBINAR for parents of K-12 students

Friday, April 3 at noon ET

tinyurl.com/wmlearningathome

William & Mary School of Education
Zoom Webinar Controls

Select “Panelists and Attendees” to say hi!
Enter your questions for panelists in the Q&A pod.
Today’s Moderators

Kelley Clark
Director of Teacher Education

Amy Colley
Executive Director, W&M School-University Resource Network

April Lawrence
Associate Director of eLearning
Today’s Presenters

Janise Parker
Assistant Professor of School Psychology

Lindy Johnson
Assistant Professor of English Education

Kristin Conradi Smith
Associate Professor of Literacy Education
Today’s Presenters

Gladys Krause  
Assistant Professor of Math Education

Meredith Kier  
Associate Professor of STEM Education

Mary Stowe  
Project Specialist, W&M T/TAC
Format

(1) 5 tips in 5 slides in the following content areas
   (a) Social-Emotional Well-being
   (b) Creativity & Screen Time
   (c) Reading
   (d) Math
   (e) Science
   (f) Supporting Students with Special Needs

(2) Q&A
Social-Emotional Well-being

Dr. Janise Parker
Social-Emotional Tip #1: Identify potential signs of distress or diminished mental health

Pre-schoolers

- Thumb sucking, bedwetting, clinging to parents, sleep disturbances, loss of appetite, fear of the dark, regression in behavior, and withdrawal

Elementary school children

- Irritability, aggressiveness, clingingness, nightmares, school (or work) avoidance, poor concentration, and withdrawal from activities and friends

Adolescents

- Sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior, and poor concentration

(National Association of School Psychologists, 2020)
Social-Emotional Tip #2: Be mindful of communication related to COVID-19

- Remind your child that your family is safe and healthy (if true)
- Communicate your intention to keep them safe and well
- Carefully listen or have them draw/write out their thoughts and feelings; respond with truth and reassurance
- Avoid offering unnecessary details or facts
- Explain safety steps we all should employ (e.g., washing our hands, social distancing)
- Correct misinformation and dispel rumors (e.g., especially content shared via social media)
- Monitor television and media viewing

(National Association of School Psychologists, 2020)
Social-Emotional Tip #3: Encourage healthy coping & self-care strategies

- Deep breathing
- Spend time with loved ones (e.g., playing games together)
- Go for walks
- Pray and meditate
- Read
- Draw
- Listen to music
- Engage in positive self-talk
- Connect with friends
- And more!
Social-Emotional Tip #4: Demonstrate healthy coping strategies

- Focus on the positive
- Demonstrate deep breathing
- Complete family projects
- Go outside together
- Maintain a daily routine
- Identify projects that might help others
- OFFER LOTS OF LOVE AND AFFECTION

(National Association of School Psychologists, 2020; SAMHSA, 2014)
School mental health professionals
  ○ School counselors
  ○ School psychologists
  ○ School social workers
Community mental health providers
  ○ Consider contacting your pediatrician for information about local resources
Online tip sheets and guides
Creativity & Screen Time

Dr. Lindy Johnson
Creativity & Screentime Tip #1: Set Healthy Limits

- Set healthy limits on how much time your child can spend on “free time” screentime versus educational screentime.

- Be careful of social media usage (Instagram, Snapchat, Facebook, Twitter, etc.) as this is associated with negative outcomes among adolescents.

- With older children, negotiate together healthy limits on screens (for example, no cellphones in the bedroom, all screens off by 8pm, etc.)
Creativity & Screentime Tip #2: Use Quality Online Resources

Your public library!

Williamsburg Regional Library Resources:
https://www.wrl.org/downloads/free-online-resources/

https://www.commonsensemedia.org

https://wideopenschool.org/
Creativity & Screentime Tip #3: Create Stories + Poems

https://poets.org/national-poetry-month/poem-your-pocket-day

Creativity & Screentime Tip #4: Make Art

Learn to draw from famous authors/illustrators or recreate famous works of art with the Getty Museum Challenge

https://kids.scholastic.com/kids/books/dav-pilkey-at-home/

@GettyMuseum
To find artworks: http://getty.edu/art/collection
Creativity & Screentime Tip #5: Make it Social

Host a virtual game night and play games like Pictionary, charades, Who Am I, etc. with friends and relatives via video chat.

Younger children can play Minecraft with friends online.

Older adolescents can play games like *Hearts of Iron IV* with friends.
Reading
Dr. Kristin Conradi Smith
Reading Tip #1  READ

- Better fluency
- Expanded vocabulary
- Better writing
- More content knowledge
Reading Tip #2 READ REAL TEXTS

Resist the temptation to have your child complete worksheets or workbooks that promise to target certain strategies. These do not work.
Reading Tip #3 LET THEM READ BOOKS THEY WANT TO READ (or at least negotiate on this)
Reading Tip #4 MAKE SURE YOUR CHILD CAN READ THE TEXT

When selecting books your child is going to read on their own, without your support, follow the five-finger rule. Have your child read the first page to you. If your child reads a page and makes *five* mistakes on it, it is likely too hard and would require a more advanced reader’s support and guidance.
Reading Tip #5 Provide authentic opportunities for your child to respond to the text

<table>
<thead>
<tr>
<th>Talk to them about it</th>
<th>Call grandma and tell her</th>
<th>Talk about the book with a friend</th>
<th>Write a review and post on Amazon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Response journal</td>
<td>Draw a picture</td>
<td>20 words or less summary</td>
<td>Find objects in the house that make sense and could belong to the main character. Explain it.</td>
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</tbody>
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Math

Dr. Gladys Krause
Math Tip #1: Support your children solving problems using their own strategies

The zookeeper has 8 bananas to feed to the 6 monkeys. If she wants to use up all the bananas and give the same amount to each monkey, how much should she give each monkey? Each monkey can get one whole but you have to split the other 2 and there is six monkeys, so they would get 1/2 and if you add it together you get 1.

- Resist the temptation to say: *The way you solved that problem was great, but now let me show you a faster way.*
- Have on hand some objects to model the action. But if your child does not want to use them, do not force her. Pencil and paper work just as well.
Math Tip #2: Ask the fundamental question … how do you know?

- How did you figure that out?
- Can you do it out loud?
- How did you get the answer?
  - Avoid leading questions like, Did you get the answer by...?
- Don’t talk so much.
  - Your child should be doing the talking.
Math Tip #3: Don’t assume that a wrong answer is wrong or a right answer is right

- This is *not* saying, “They’re no wrong answers.”
  - But you’d be surprised how many paths there are to the *right* answers!
- Respond initially to right and wrong answers in the same way.
  - Your child might be picking up on a line of reasoning you haven’t considered before.
- Always asks follow-up questions.
  - The process is more important than the result. Focus on that, especially on what’s right about it.
Math Tip #4: Guide experimentation, don’t stifle creativity

- Children at play
  - They try out ideas, fall flat on their faces, get up and dust themselves off, learn from the experience.
  - Practical learning ingrains lessons better than adult admonition.

- Let math be the same way
  - Let them play, find out what doesn’t work, and learn from the experience.
Math Tip #5: Look for the mathematics hidden in plain sight

- Counting collections
- Size
- Length
- Order
- Measurement
- Comparing quantities

An idea …
- Get some plastic eggs and an empty egg carton.
- Leave it on the table and don’t say anything
- Be patient and don’t say anything …
  - at first the eggs will be placed in no particular order
  - but after the 3rd or 4th time …
Science

Dr. Meredith Kier
Science Tip #1: Fostering Curiosity by Asking Questions

- There are LOTs of household experiments online to try out with your learner

Question Starters
- What changes happened?
- What caused ____?
- What other examples of this change have you seen in everyday life?
- What could we change that might make the effects bigger/greater?
Science Tip #2: Observe...categorize...predict

Take field trips outdoors go check out all the virtual field trips!
https://www.weareteachers.com/best-virtual-field-trips/
Science Tip #3: Use toys, crafts, and food to create models

- Ask your learner how simple things around them/processes work and ask them to create a physical or interactive model of it!
Science Tip #4: Practice scientific communication

- Have your child virtually connect with family and friends to share how models and science experiments work!
  - Have them write a script or letter, or make a presentation to practice communicating new understanding

![Flipgrid](image)
Science Tip #5: Become community-based science consumers and advocates

- Include Science News as part of your weekly reading (https://www.sciencenewsforstudents.org/)
- Students can contribute real data to global data sets
  - https://ebird.org/home: Cornell Lab of Ornithology needs real-time data, pictures, and audio of birds in the area
  - https://scistarter.org/: Pick a project and track the data!
  - https://www.zooniverse.org/: Help scientists track penguin eggs and take a peek into hidden nature cams
  - https://www.nwf.org/educational-resources/wildlife-guide/: Upload pics of wildlife in your area!
Supporting Students with Special Needs

Mary Stowe
Students with Special Needs Tip #1

Enhance instruction with structure and routines:

- **Structure** your day by creating routines for learning and designating one area of your home for learning.
- **Chunk** the work (use timers to allot the time on task or visual schedules) with **scheduled breaks**, to equal two hours of academic work per day (continuity of instruction, skill development not a mimic of the school day, and the ratio of parent to child is lower than in formal school day).
Methods to Support Learning:

- Provide **explicit step by step instructions** for directions and task completion, as well as **models** of the desired outcomes when needed.
- Provide **visual support** for tasks to complete using as examples written prompts for providing directions, or pictures or manipulatives for tasks (*i.e.*, math work).
- Provide **wait time** when giving oral or written directions to allow for processing.
Students with Special Needs Tip #3

Positive Behavioral Supports:

- Provide **reassurance and support** regarding the coronavirus impact and their absence from formal school (using social stories about school closures).
- Establish a **co-constructed positive reward system** for academic or assigned tasks completed, using tokens or accumulation of points for a tangible object or activity of the child’s choice.
- **Acknowledge the success of your child’s efforts** in completing academic work and provide **constructive feedback** to move them to additional steps or next tasks.
Students with Special Needs Tip #4

Support for Successful Reading Acquisition:

- **Build oral language** through everyday occurrences and task work (i.e., discuss oral readings assigned and connections with the real world, discuss daily activities using synonyms, introduce new vocabulary and a discussion of its usage, ask students to explain the solutions to math work).
Students with Special Needs Tip #5

Highlight student strengths:

- Provide tasks that support your **students’ strengths** (i.e., home science experiments, cooking family meals, Kennedy Center art lessons, virtual tours of museums and zoos).