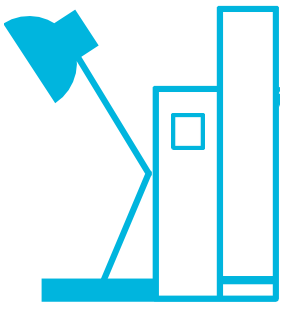




HOME ENVIRONMENTS FOR LEARNING



MAKE SPACE FOR LEARNING

- Choose special corner of a room dedicated to learning to help your child focus
- Let your child help prepare the space and decorate it with their classwork
- Tip: Use a movable box or crate if space is precious, a background with natural light helps

SUPPORT YOUR CHILD'S LEARNING

- Ensure your child is present and engaged in their online classrooms
- Keep a morning routine, set an alarm by 8:00 a.m. to eat breakfast and get ready for a learning mindset
- Tip: Allow your child to work independently and reach out to their teacher for academic support



MINIMIZE DISTRACTIONS

- Prepare your child to interact live with their teachers and classmates
- Wearing headphones or using earbuds may help limit distraction and noise
- Tip: Quiet learning space should be separate from TV, video games, and eating area

BE SAFE AND RESPECTFUL ONLINE

- Face-to-face enhances learning; please remember to keep camera on
- Keep a steady camera to limit distractions and movement around your child
- Tip: Use a virtual background to limit distractions and protect your privacy (see virtual tips below)



TAKE BRAIN AND VISION BREAKS

- Make sure your child takes breaks from their computer, it is okay and good for them to move
- Encourage your child to stretch, get some fresh air, and grab a snack when needed
- Tip: Plan a fun activity like playing a song and dance to encourage movement during breaks

VIRTUAL TIPS

<http://bit.ly/zoom-virtual-tips>

<http://bit.ly/pbs-virtual-tips>

BRAIN BREAK TIPS

<http://bit.ly/brain-break-tips>

PARENT TIPS

<http://bit.ly/common-sense-parent-tips>

<http://bit.ly/creating-a-space>

WE ARE HERE TO HELP

Helpdesk for Families: 213-443-1300

Resources for Students and Families: <https://achieve.lausd.net/resources>