

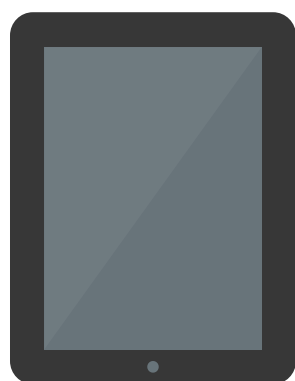
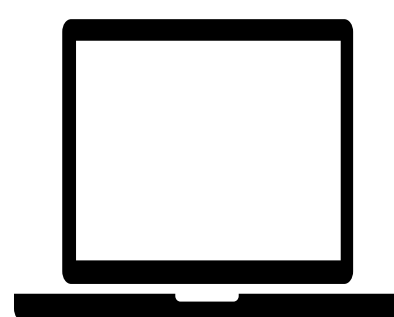
Back to School

Back to school feels a little different this year. Learning will be a whole new, well, learning experience for everyone. Students and parents alike will have to find new tips and tricks to successfully make it through distance learning.

Maintaining a level of normalcy can be difficult, all things considered. However, it is not impossible. Living life in this new normal will be a group effort. Hopefully, everyone finds something to help everything flow a little smoother.

Distance Learning

Distance learning is gearing up to be the new normal when it comes to education. No matter the level, elementary, secondary, high school, and even higher education is embracing this technologically driven concept of learning. While some students will seem to effortlessly excel in this new online classroom, there are others that will need some extra time and direction to remain on the right track.



Tips and Tricks

1. Routines! - establishing and maintaining a routine is a sure-fire way to ensure success and organization for both students and parents
2. Communication! - an open line of communication between you and your students' educator will help everyone stay on the same page
3. Check-ins! - check-in with your student, stress can loom over anyone when adapting to a new setting
4. Exercise! - encourage a little extra physical activity, it will not only refocus them, but also help to get out some of that pent up energy...even redirect stress they may be feeling

Resources

Epic - This site is great for reading. When your student(s) are bored with the reading material being provided by their distance learning, this site will help them find something that they are more interested in while still educating them. This is one of the best, if not the best, digital libraries for children of all ages.

Khan Academy - Khan Academy provides free courses and lessons in almost every subject at every level; from elementary school to graduate school. As a nonprofit, they provide education to as many people as their site can reach.

Eureka - Eureka math is a resource that provides a comprehensive curriculum for math at all levels. While Eureka is great as a math resource, this site does offer supplemental curriculum plans in a range of other subjects.

GoNoodle - GoNoodle is great for learning breaks. Their fun and educational games give students a fun and educational outlet from distance learning. In addition, their fun and energetic dances put a modern and kid-friendly spin on songs and dances that even parents will recognize and have fun doing.

Motivation



Trouble staying motivated seems to be a common problem these days. People are burnt out with the constantly changing news and plans; people are beginning to crave normalcy and a constant in life. Staying motivated can be a little easier if you just keep a few of these things in your back pocket.

- keep tasks manageable
- small rewards after every few tasks (whether it's a short walk or an extra cup of coffee)
- power naps - redirection
- healthy eating
- daily goals
- specific time for relaxation
- prioritize mental health
- don't forget to socialize yourself once in a while



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