

# Family Community: Supporting Learning and Well-being

Building a productive learning environment means building a caring, safe place to grow, make mistakes, ask questions and manage stress. Here are some ideas to frame learning at home, and support ongoing wellbeing during this time.

## Creating Norms for Learning at Home

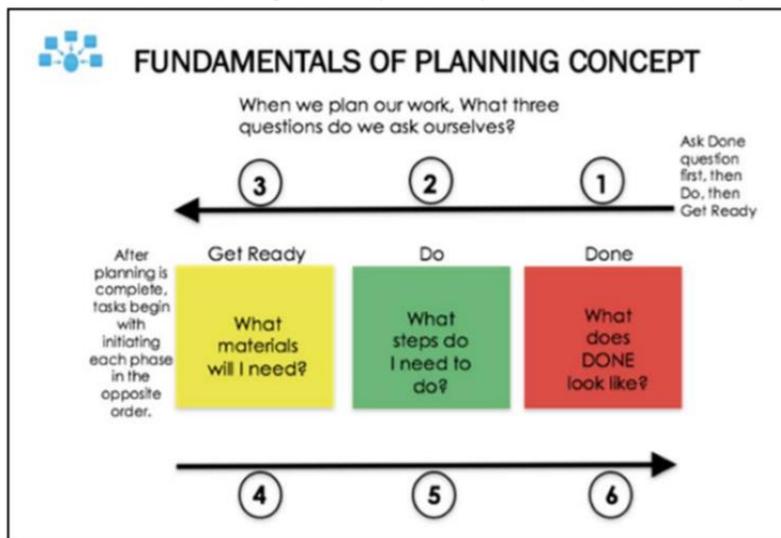
Have a conversation with your child using these prompts:

- To my child: What do you need in order to feel successful/productive? Why is that important you?
- From Parent: What do I need in order to feel successful? Why is that important to me?
- What do you/I need to do to ensure we care for our well-being throughout the day and weeks ahead?
- How will we remind ourselves/schedule in these things to ensure they happen?

## 3 Simple Practices to support daily learning and well-being:

### 1. Possible Morning Check in

- How are you feeling? (everyone in family shares)
- What are two realistic goals for you today to feel productive in your learning?



### 2. Fostering engagement

- Support your child's feeling of success by using this strategy to outline, set and accomplish learning each day.
- Offer choice for your child on how they want to schedule and complete learning activities according to goals set.
- Schedule in [Brain Breaks](#)

### 3. Possible Optimistic closures at dinner or before bed

- Two things I learned about today (everybody shares – parent can start)
- One thing I am wondering about
- Two things I am grateful for today
- One thing I really enjoyed today
- One thing I hope for tomorrow

**Caregivers:** Check out this series on [WE Live](#) for families and educators. This video explores ways we can foster community at home.

Video link:

<https://vimeo.com/freethechildren/review/402238593/da4020eab5>

Facebook link:

<https://business.facebook.com/WEovement/videos/558512944771128/>

We Wellbeing – Free resources for families and educators

<https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/covid-19-toolkit>