

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

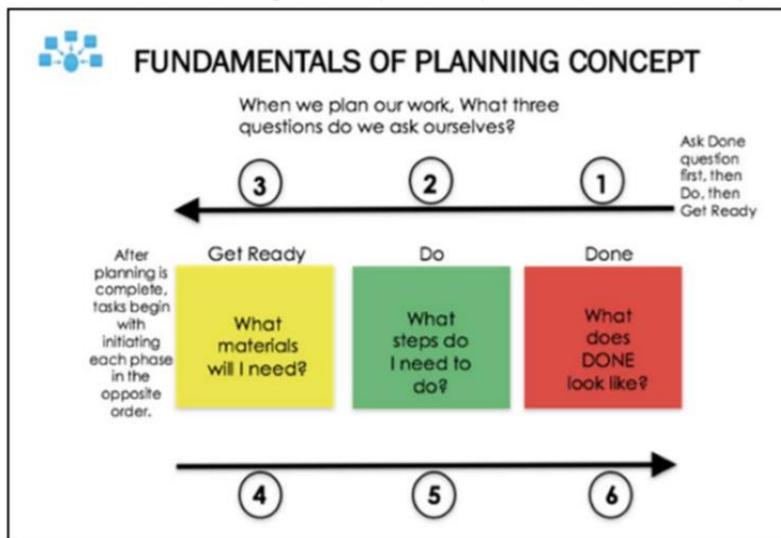
Have a conversation with your child using these prompts:

- 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/WEmovement/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>