
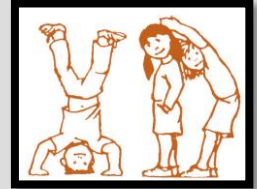



Hillsboro-Deering Elementary School

A Caring, Cooperative, Respectful Community

Jeni Laliberte, Pre-K - 2nd Principal
Donna Furlong, 3rd - 5th Principal
Karen Ralph, Student Support Coordinator




STUDENT & FAMILY REMOTE LEARNING TOOL KIT



CREATED BY

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TIPS FOR REMOTE LEARNING

Remote or distant learning can be a difficult adjustment. Currently, we are trying to balance academics with social distancing, mental health, arts, life skills, time outdoors, and all our day to day obligations. Some people thrive with a flexible and a less structured environment, but there are many of us whose learning styles and sensory preferences respond better with some sort of routine. Here are a few ideas to try:

TIPS

KEEP A SCHEDULE.

- This should include even downtime, exercise, and play outdoors.
- Here are a few printables you can access (also at the end of this packet): <https://scatteredred squirrel.com/wp-content/uploads/2017/02/Back-and-White-Sunshine-Skies-Single-Page-Weekly-Planner-Portait.pdf>

<https://scatteredred squirrel.com/wp-content/uploads/2012/12/week2.pdf>

- Keep a routine the best you can: Regular breaks, time to play, and even snack time!
- For improved sleep, American Academy of Pediatrics (2016), recommends limiting screen time including TV, 30 minutes prior to bedtime.
- Try to keep some sort of regular sleep schedule. However, take advantage of kids being able to sleep longer now that they do not have the traditional school schedule.

Recommended sleep time per age group:

- **Preschoolers (3-5):** Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- **School age children (6-13):** Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- **Teenagers (14-17):** Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- **Younger adults (18-25):** Sleep range is 7-9 hours (new age category)
- **Adults (26-64):** Sleep range did not change and remains 7-9 hours
- **Older adults (65+):** Sleep range is 7-8 hours (new age category)

National Sleep Foundation Recommends New Sleep, 2020

STUDY SPACE

- Explore what space will be best for your focus and getting the most done.
- Try using noise-canceling headphones if noise distracts you or listen to white noise via a white noise machine or app to drown out voices.

- Choose a space that does not have as many visual distractions such as facing your desk towards a wall or in a corner.

MATERIALS

- Try separate folders for each subject. You can do this with a hard copy and a digital copy.
- Use post-it notes or a checklist to check off or remove when a task is completed.

REMEMBER IT IS IMPORTANT TO:

- Give your body and eyes a break. So, take frequent breaks from the screen and get up and move!
 - Be gentle with yourself as you adjust to remote learning and try to figure out the best schedule and what works for you and your family.
 - Maintain social connections through the virtual classroom and with family and friends.
 - Encourage kids to pursue “passion projects”. Take this opportunity to learn something new that you or they have always wanted to do: Cooking, Building Minecraft, drawing, painting, etc. There will be increased engagement as this is a highly motivating activity.
 - Reach out to the teachers and staff at schools for more suggestions.
-
- If it becomes too overwhelming, step back and take a break for a few days. Talk to the teachers and let them know. This is a highly stressful time and the most important element is everyone’s mental and physical health and wellness.

To find more takeaways take a moment to listen to the NPR podcast: 17 minutes:

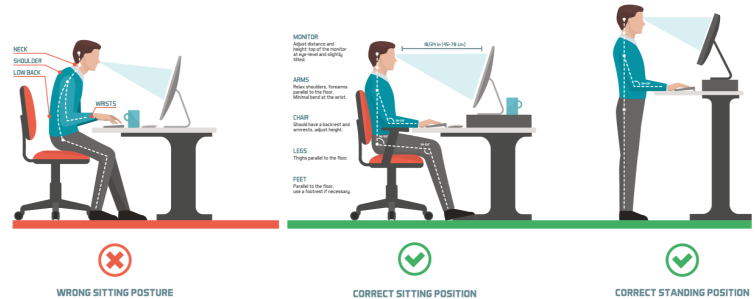
<https://www.npr.org/2020/03/23/820228206/6-tips-for-homeschooling-during-coronavirus>

ERGONOMICS

OPTIMAL POSTURE SET UP FOR WORKSPACE



WORKING AT DESK



ERGONOMICS

Before remote learning, the use of technology has been used across environments: Home, school, and work. We have also seen the use of technology progressively spread across the lifespan from children to the elderly. Regardless, of home or at work, technology-use has significantly increased, and it is important to consider ergonomic guidelines to prevent physical and visual overuse risks.

Ergonomics is defined as designing a workspace to optimize optimal performance and reduce the risk of repetitive strain or injury. Here are a few ideas to try:

(5 Benefits of Ergonomics in the Workplace formaspace,2018).

OTHER SET UP CONDITIONS TO CONSIDER

- When sitting feet should be firmly planted on the floor or footrest.
- The screen should be placed directly in front and not off to the side to prevent twisting the neck for a prolonged time.
- If typing from a source use a document holder near the screen to avoid twisting.
- Support the wrists while typing or using a mouse. (a dishcloth or washcloth can be rolled to provide support.)
- If the screen is too small increase the font size to decrease eye strain
- If bifocals are used screen should be tilted slightly backward.
- Have lighting at a level that is not too bright and not too dark.
- Have the noise level at a comfortable level for you. Too loud of an environment can stress the body.

TAKING A BREAK

Combining a good workstation and breaks is the optimal way to prevent risks:

- **BLINK!!!** Every 15 minutes look away from the computer for a minute or two at something 15-20 feet away and blink! Let the muscles relax and let the eye refresh the tear film and clear the 'dust' from the eye surface. (CUergo: School Ergonomics Guide, 2020).
- **Rest Breaks or Exercise Breaks**
Every 30-60 minutes let your body change position. Stretch, exercise, move. Get up and away from the workstation.



DAILY ACTIVITY RESOURCES

Staying at home offers new exploration and drive for creativity, but sometimes, having a few suggested ideas help in providing more direction. Here are a few ideas that you or your child may be interested in exploring.

DAILY ACTIVITY RESOURCES

PBS

- **WHAT:** "A newsletter that offers activities and tips you can use to help kids play and learn at home."
- **WHERE:** <https://pbskids.org/>



VIRTUAL FIELD TRIPS

PANDA CAM

- **WHAT:** Watch Pandas explore their surroundings at the Atlanta Zoo
- **WHERE:** <https://zooatlanta.org/panda-cam/>

MONTEREY BAY AQUARIUM

- **WHAT:** Experience a variety of live cams at this Aquarium. There are 10 to choose from, choices like birdwatching, jellyfish, penguins, and even otters, and sharks.
- **WHERE:** <https://www.montereybayaquarium.org/animals/live-cams>

THE SAN DIEGO ZOO

- **WHAT:** Experience a variety of live cams at this zoo. See polar bears, butterflies, elephants, koalas, giraffes and more!
- **WHERE:** <https://zoo.sandiegozoo.org/live-cams>

VIRTUAL TOURS OF WORLD-FAMOUS MUSEUMS

- **Van Gogh Museum, Amsterdam:**
<https://artsandculture.google.com/partner/van-gogh-museum>
- **National Gallery of Art, Washington, D.C.:**
<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>
- **The Louvre:** <https://www.louvre.fr/en/visites-en-ligne>
- **The White House:**
<https://obamawhitehouse.archives.gov/blog/2012/04/03/youre-invited-take-virtual-tour-white-house>
- **Pyramids:**
<https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>
- **Taj Mahal:** <https://www.taj-mahal.net/newtaj/>
- **Yellowstone National Park:**
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- **Yosemite National Park:** <https://www.virtuallyosemite.org/>

PODCASTS FOR YOUNG & EARLY ELEMENTARY AGE

Story Pirates (ages 2.5 years+)

- **WHAT:** The stories in Story Pirates are written by kids, for kids. The narrator reads the story written by a young child and then professional actors take over and do a longer "adaptation" based on the child's story.
- **WHERE:** <https://www.storypirates.com/podcast>

Story Nory (ages 3 years+)

- **WHAT:** Story Nory features a mixture of classic and modern children's stories. This podcast is built for more advanced listeners as there is only one voice for all of the characters, however, it will grow with your child and help teach them the basic format of a story.
- **WHERE:** <https://www.storynory.com/>

MINDFULNESS ACTIVITIES



MINDFULNESS ACTIVITIES

Mindfulness is active and conscious attention to the present moment without judgment. "To live mindfully is to live in the moment," (Mindfulness, 2020).

Mindfulness is used as an intervention to treat stress, anxiety, and depression. Also, authors of an article on mindfulness, Hooker and Fedore (2008), propose that teaching mindfulness has the potential benefits of increasing attention, memory, confidence, and insight with children.

SMILING MIND

A free app that assists children in developing awareness of what is happening inside of their bodies.

HEADSPACE (FOR KIDS)

This is an app that teaches both the child and the parent. The primary focus of this app is calm, kindness, and bedtime.

CALM

This app is another app for children of varying ages and addresses sleep and quiet.

THREE GOOD THINGS

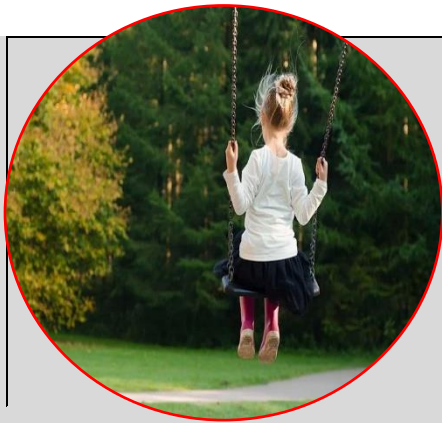
A Happiness Journal: This is also a free app for children ages 6+, and is simple to use. It allows for the focus to be on what was good about the day and the practice of positive thinking.

INSIGHT TIMER

Another free app that guides parents and children in meditation

MINDFULNESS FOR TEENS

Website: <http://mindfulnessforteens.com/>



MOVEMENT IDEAS AND OUTDOOR PLAY

Research shows that play is important in the healthy development and the mental health of children. If you add outdoor play into the mix, children receive even more benefits: Creativity, functional learning opportunities and multisensory input (Bento & Dias, 2017). The list really could be endless. We all know that movement is important. Our bodies are designed to run, walk, jump, maneuver, and manipulate objects. In fact, not only are there health benefits and physical benefits with movement, research shows physical activity increases academic performance (Savina, et al., 2016)! It is so important to utilize the design of our bodies and provide opportunities for movement the best we can, but especially now, where the learning expectations have us more sedentary and more focused on technology! Here are a few indoor and outdoor ideas:

MOVEMENT IDEAS AND OUTDOOR PLAY

BE FIT FOR LIFE

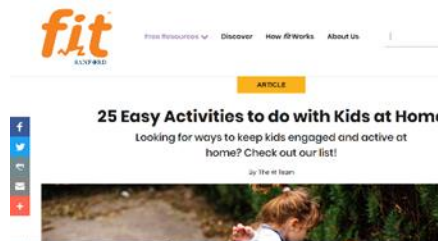
WHAT: So many ideas! A guide for parents: Physical Activity at Home During the COVID-19 Pandemic

WHERE: <http://befitforlife.ca/activeathome/>

SANFORD HEALTH

WHAT: 25 Easy Activities to do with Kids at Home

WHERE: <https://fit.sanfordhealth.org/blog/25-easy-activities-to-do-with-kids-at-home>



COSMIC YOGA

WHAT: Yoga designed for children ages 3+

WHERE: <https://www.youtube.com/user/CosmicKidsYoga>

GONOODLE

What: An online app that gets kids moving

Where: <https://www.gonoodle.com/>



MISC. OUTDOOR PLAY IDEAS

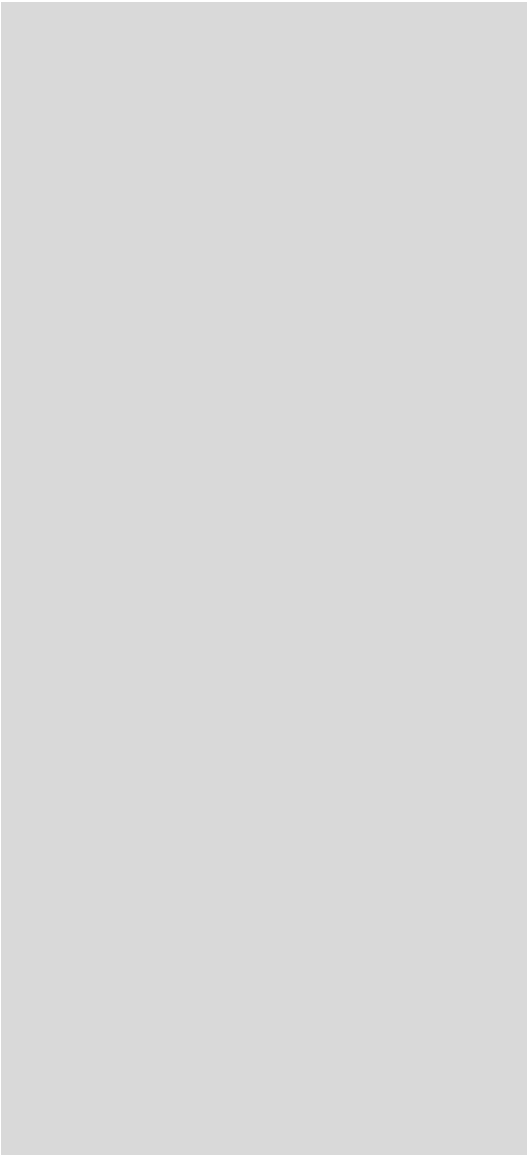
1. Swing or jump rope
2. Hopscotch
3. Paint rocks
<https://www.thegoldenstar.net/news/positivity-rocks-golden-resident-brings-positivity-to-community-through-painted-rocks/>
4. Plant a garden
5. Wash a car
6. Go on a nature scavenger hunt (included in this packet)
7. Make the best homemade giant bubble solution: (6 cups water, ½ cup blue dawn dish soap, 1 tbs glycerin, 1 tbs baking powder, and ½ cup cornstarch) Make a wand using two drinking straws and yarn. Thread the yarn through the straws and tie a knot!



8. Animal walk races: Bear crawl, crab walk, frog jumps.
9. Play "statue"
10. Sidewalk chalk
11. Set up an outdoor obstacle course
12. Build a fairy house

MISC. INDOOR PLAY IDEAS

1. Build a fort using sheets and blankets
2. Dance Break!
3. Simon Says
4. Jumping jacks
5. Wall push-ups
6. Indoor obstacle course
7. Build a bird house



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Saturday

Sunday

@ScatteredSouls
for personal use only

Week of _____

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Saturday

Sunday

For Personal Use Only

© Scattered Squirrel

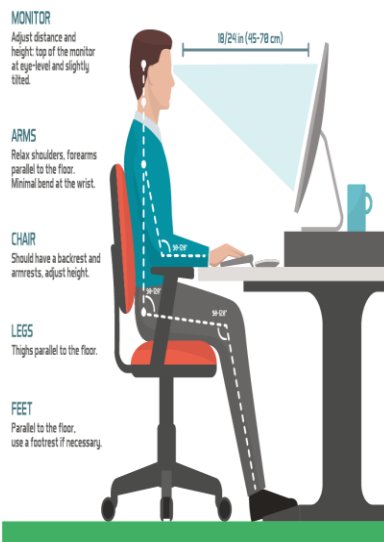


CHECK YOUR BODY POSTURE

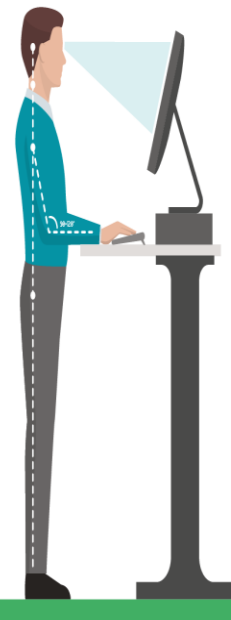
WORKING AT DESK



WRONG SITTING POSTURE



CORRECT SITTING POSITION



CORRECT STANDING POSITION

KIDS at home work out- MORE FUN!!!

Get those feet up and off the ground for easy exercise that kids will want to do. Jumps build muscle strength, cardiovascular fitness, and endurance. Fun jumps for kids to try include. **Before you start, be sure to walk or run a few laps around the house! Beginners start with 15 seconds of each, work up to 30 sec. REPEAT.**

- **Jumping Jacks:** stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to center on landing



- **Tuck Jumps:** bend knees and lift heels high while jumping



- **Hurdle Hops:** jump side-to-side or front-to-back over pretend hurdle- put a "pretend hurdle" or "pretend puddle" on the floor, jump over repeatedly.



- **One-Foot Hops:** lift one knee and jump on standing leg; alternate (this is great balance challenge too!)

Occupational Therapy: EMBRACING CHALLENGES, ENHANCING LIVES



- **Criss-Cross Feet:** jump straight up, then cross one foot in front of the other; on next jump, switch feet and continue



- **Squats and Lunges**



REPEAT this sequence 2 or 3x, then cool down and stretch.



Grab a bag and head outside to see how many of the items below you can find!

<input type="checkbox"/> 4 Leaves 	<input type="checkbox"/> Feather 
<input type="checkbox"/> Something Rough	<input type="checkbox"/> Stick 
<input type="checkbox"/> Seeds 	<input type="checkbox"/> Something Red
<input type="checkbox"/> Pine Cone 	<input type="checkbox"/> Piece of Litter
<input type="checkbox"/> Something Fuzzy	<input type="checkbox"/> 2 Flowers 
<input type="checkbox"/> Tree Bark	<input type="checkbox"/> Rock 

How many of the above items did you find? _____

Is there anything fun you can do with any of the items?
Try painting a funny face on the rock, or have an adult help you make a leaf suncatcher by ironing the leaves between two pieces of wax paper!

HOW TO PICK A TOY: Checklist for Toy Shopping



Play is an important occupation for children. Through play, children learn about the world and themselves. Toys are the tools of play. The right toy can engage a child's sense of curiosity, creativity, and imagination. Toys can also be used in play to help children develop physically, mentally, and socially. Occupational therapy practitioners are experts in promoting participation in activity, including play. The following checklist was developed by occupational therapy practitioners to assist you in selecting toys that can help your child learn and develop while having fun.

If you can answer "yes" to many of the questions in this checklist, your toy purchase will likely be a developmentally appropriate toy that is worth the cost.

Questions	Yes	No	Suggestions and Examples
Is the toy safe and age appropriate?	<input type="checkbox"/>	<input type="checkbox"/>	Look at the suggested age range. If the age range is too "young" for your child, he or she may get bored quickly. If a toy is too "old," he or she might get frustrated and give up. Toys that are too "old" could also pose a safety risk due to small parts that can become choking hazards.
Is the toy durable?	<input type="checkbox"/>	<input type="checkbox"/>	Is the toy washable? Will it still work after many months of heavy use? If parts or pieces are lost or broken, how much will it cost to replace them?
Can the toy be played with in more than one way?	<input type="checkbox"/>	<input type="checkbox"/>	Toys that offer unlimited possibilities can promote your child's creativity. Examples: <i>Blocks</i> can be built into towers and walls, knocked down and crashed into, lined up to make trains, traced on paper to make squares, and can even substitute for play food in the kitchen. A <i>sandbox</i> invites children to pour, dig, or build castles.
Does the toy appeal to several senses?	<input type="checkbox"/>	<input type="checkbox"/>	Multi-colored toys with sounds, lights, different textures, and parts that move can capture a child's attention. These toys are usually easy to use, invite children to play in new ways, and encourage them to play longer without becoming frustrated. Example: <i>An activity cube</i> encourages children to play with the bead maze, push buttons, open doors, or put shapes into the shape sorter—without moving to another toy or losing interest.
Can the toy be used in more than one place?	<input type="checkbox"/>	<input type="checkbox"/>	Toys that are easy to carry and store make it possible to play anywhere. Examples: <i>Crayons, markers, and write-on boards</i> are great to take on a trip or to a restaurant and help children develop their drawing and writing skills. <i>Sidewalk chalk</i> can also help children develop these skills and can be used at an easel, in the driveway, at the park, or at the babysitter's house.
Can the toy be used in more than one position?	<input type="checkbox"/>	<input type="checkbox"/>	Can children play with the toy while sitting, standing, or lying on their tummy or side? Example: <i>A baby gym</i> with removable toys can be played with in an almost any position. Plastic rings can be used to move the toys to different heights and areas of the gym that encourage the baby to explore and stretch when reaching for a toy in a variety of positions.

Building Play Skills for Healthy Children & Families



What is play, and why is it important?

Play is can be defined as “any spontaneous or organized activity that provides enjoyment, entertainment, amusement or diversion” (Parham and Fazio, 2008, p. 448). Play is one of children’s major occupations—how they occupy their free time and learn. It is an important activity for your child because play helps to facilitate positive growth and development. Physical health, social and emotional well-being, and positive mental health are promoted through play. When a child plays, he or she experiences new ways to solve problems and learn skills needed to become a healthy adult. Research has shown that children who participate in play frequently grow quickly, experience higher achievement in school, and develop healthy habits for adulthood. A comparative study of 11,000 third graders found that those who participated in more than 15 minutes of recess per day behaved better in the classroom and were more likely to learn than their peers who had little to no recess opportunities. (Barros, Silver, & Stein, 2009). Using daily routines and activities throughout the day, encouraging the happiness and joy that can be experienced through play, and simply allowing children to be playful can enhance their health and well-being.

How can families develop play skills to promote health and well-being?

Early childhood

Play teaches infants, toddlers, and preschoolers about their bodies and about the effects of their actions on the world around them. Play promotes growth and development through movement and exploration. Family members are the child’s first playmates.

- During their first few months, babies enjoy colorful mobiles, rattles, vocal play such as talking and singing, and games involving moving their arms and legs. Encourage your baby to participate while lying on his or her back, belly, or side, or while supported on your lap.

- As babies learn to reach, grasp, and sit on their own, they enjoy mirror play, balls, and toys that involve squeezing, stacking, and pulling apart. Babies also enjoy interactive games like peek-a-boo, music, and books. Water play with toys that float and plastic letters to stick on tile walls provides bathtime fun.
- Because babies enjoy and learn through putting toys in their mouths, make sure they play with toys that are age specific and are made without small parts.
- As children learn to walk and run, they enjoy chasing and hide-n-seek, climbing, and pull toys.
- Toddlers develop hand skills by dropping shape toys into slots and scribbling with crayons. They also enjoy books and toys that make sounds. They begin to imitate by using, for example, a toy telephone or hammer.
- Imitation and pretend play increases during the preschool years, through use of dress-up, puppets, and toy cars and trains. Preschoolers enjoy construction games such as building toys and puzzles, which further develop their coordination skills. They enjoy playground time and riding toys. They play with materials with different textures such as finger paints and sand. Games during the preschool years teach turn-taking and getting along with others. These activities also help children develop language skills.

Elementary school

The elementary school years are an important time for learning to play by rules and participating in cooperative activities such as sports teams. Motor skills are being fine tuned, and there is an increased interest in developing hobbies. Play often serves as a way of developing friendships and expressing one’s unique personality. Finding a balance between formal play (e.g., participating on a sports team) and informal play (e.g., participating on the playground) allows for play time to be both active and creative.

continued on page 2



THE ACT OF PLAYING is an important tool that influences a child's life. The primary goals of childhood are to grow, learn, and play. It is often through play that children learn to make sense of the world around them. It is a child's "job" or "occupation" to play to develop physical coordination, emotional maturity, social skills to interact with other children, and self-confidence to try new experiences and explore new environments.

Occupational therapy practitioners have expertise in evaluating children's neurological, muscular, and emotional development; and determining the effects of infant and childhood illness on growth and development.

What Can Parents and Families Do?

Encourage **sensory rich** play by using balls, sand and water toys, slides, swings, finger paints, and magnets. During sensory play, children use their senses to incorporate smell, touch, sound, vision, and movement.

Encourage **manipulative play**, such as using play dough, LEGOs, and board games. Toys such as puzzles, pegboards, beads, and lacing cards help improve the child's eye-hand coordination and dexterity.

Promote **imaginative or pretend play** with things like dolls and stuffed animals, toy furniture, puppets, and telephones. Pretend play encourages creativity and role playing and provides an opportunity to rehearse social skills.

Choose toys that are appropriate to the child's age and/or maturity level. They do not have to be expensive or complicated to be beneficial. Common objects, such as pots and pans, empty boxes, spools of thread, shoelaces, and wooden spoons are readily accessible and encourage children to use their imagination.

Remember when choosing a toy to consider whether a child must be supervised while playing with it. Toys should not have small parts that break easily or can be swallowed.

What Can an Occupational Therapy Practitioner Do?

Help adapt toys or modify the environment to provide optimal sensory input without overwhelming the child.

Recommend toys and play activities that provide the "just right" challenge for the child, so he or she learns while having fun. The occupational therapy practitioner can also recommend ways to build on the child's strengths and abilities.

Offer play opportunities that encourage turn taking and problem solving. Consider family routines and priorities when recommending play strategies. Observe, identify, and develop play strategies that promote a healthy lifestyle and relationships.

Suggest toys that will help the child develop particular skills, while having fun. Recommend ways for family members to be more involved in the child's play. Suggest toys and play activities for children of all abilities and ages. Collaborate with educators and caregivers to enhance playtime at home, during recess at school, and during community outings.

Help determine what toys will be safe, developmentally appropriate, and fun for a particular child, based on an evaluation and in consideration of the child's and family's needs and goals.

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