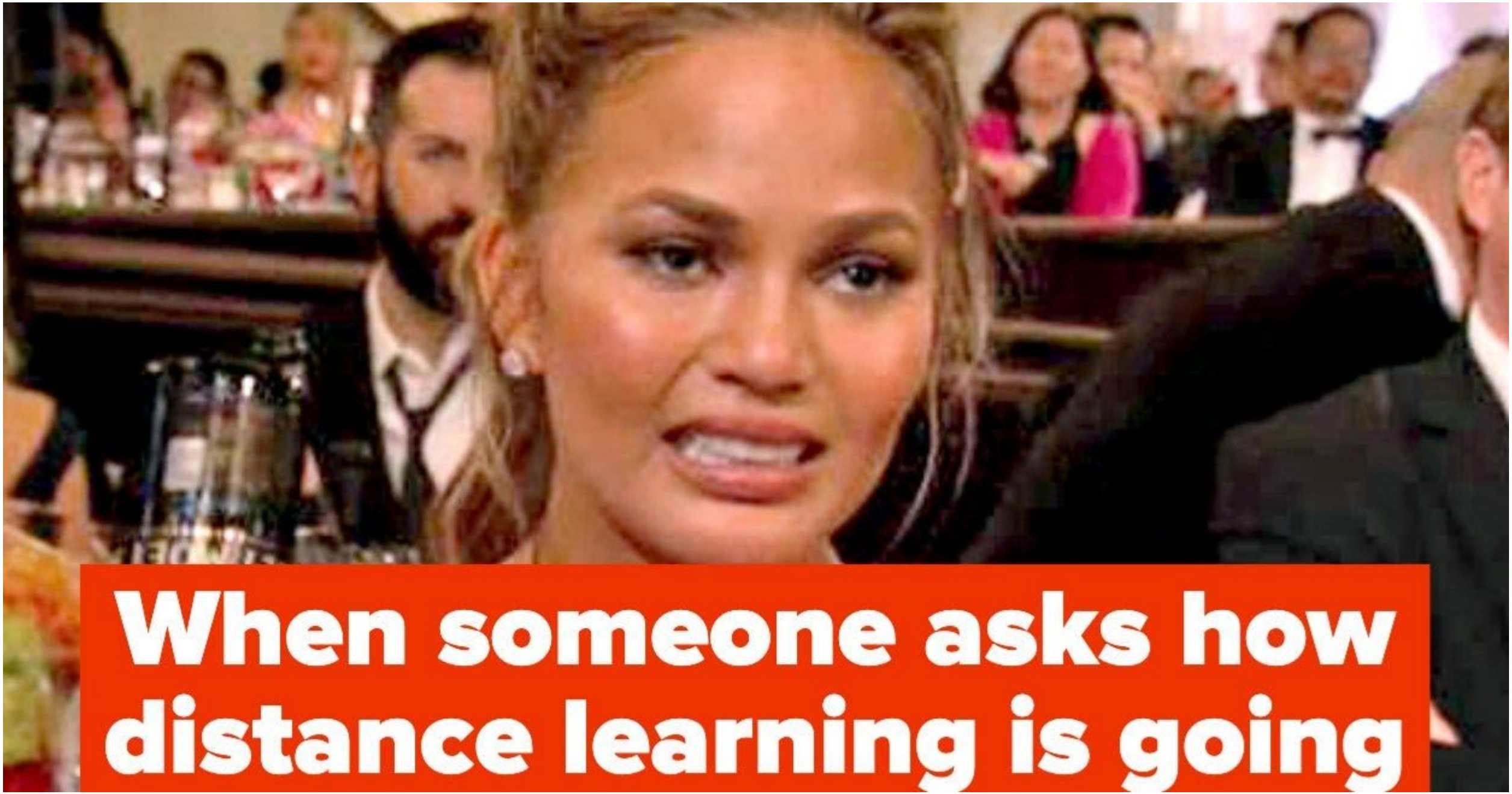
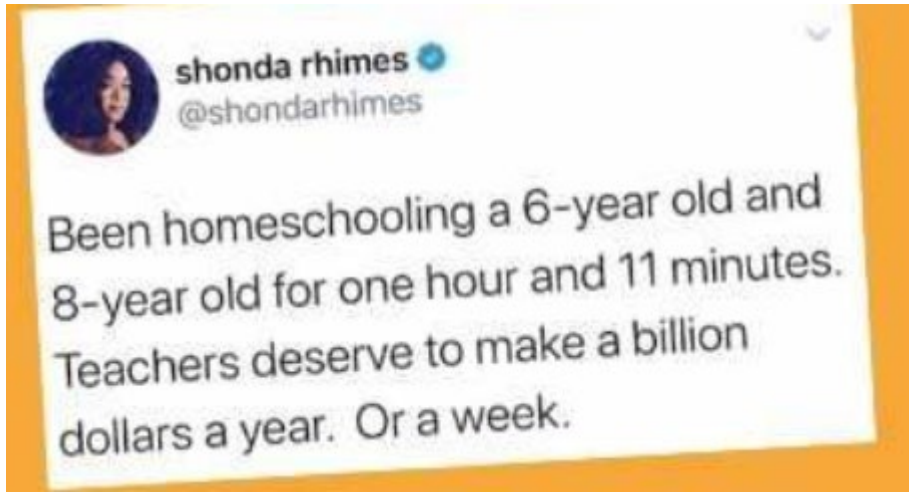
STRATEGIES FOR REMOTE LEARNING

Tovah Fairshot (she/her[s]) MS.Ed.


When someone asks how
distance learning is going



When someone asks what your method is for homeschooling

"There is no better Tier 1 intervention than a healthy teacher."

- Dr. Adam Saenz, author of "The Power of a Teacher: Restoring Hope and Well-Being to Change Lives"

Self-Care…What is it *REALLY*?

"True self-care is not salt baths and chocolate cake, it is making the choice to build a life you don't need to regularly escape from."

Give Yourself Permission

"Eventually, I'd like to see you able to put yourself back together."

- What do you do that helps you reset/get you to a better place in the moment?
- Walk away from the student "I change my mind."
- Engage in a brain break (pushups/squats/lunges)
- Deep breathing
- Use a mantra

HAVE PATIENCE AND ABUNDANT GRACE

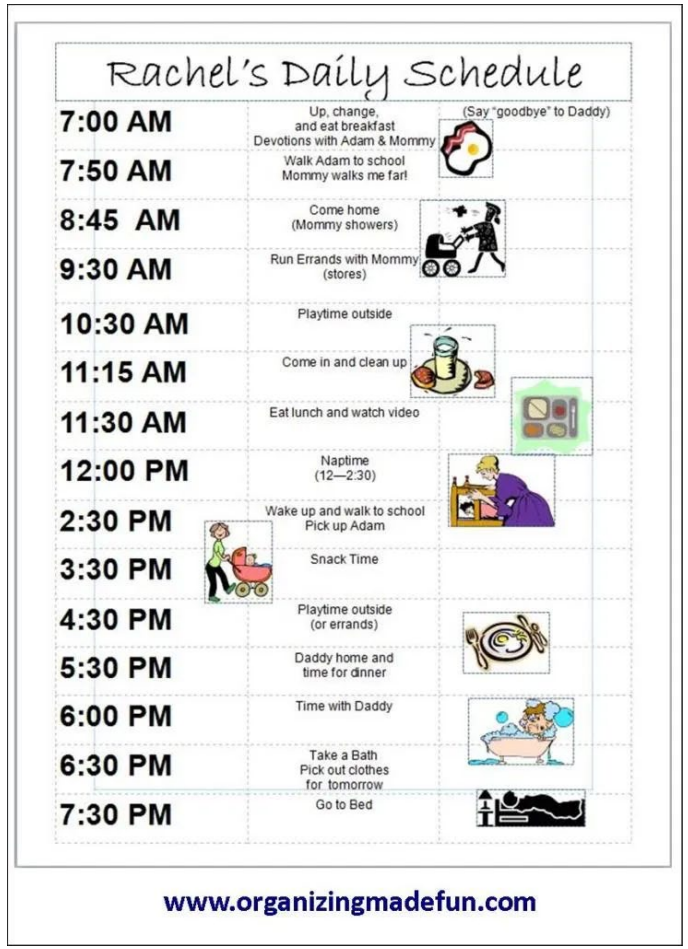
Caring for yourself, while working full time, while caring for your child, while teaching, while practicing self-care is HARD.

Self-actualization
desire to become the most that one can be
Esteem
respect, self-esteem, status, recognition, strength, freedom
Love and belonging
friendship, intimacy, family, sense of connection
Safety needs
personal security, employment, resources, health, property
Physiological needs
air, water, food, shelter, sleep, clothing, reproduction

In Remote Learning

Modified from K Baker, @KtBkr4

- Set and keep a schedule

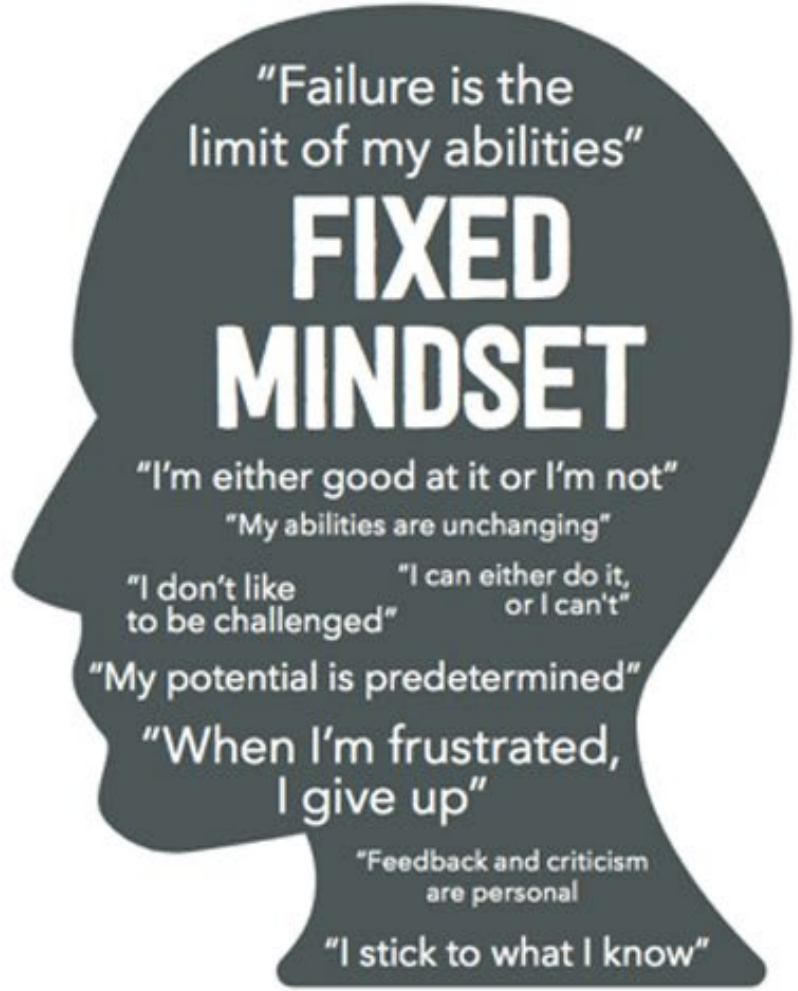


- Make sure they have any materials necessary to complete all assignments (and distractions put away)

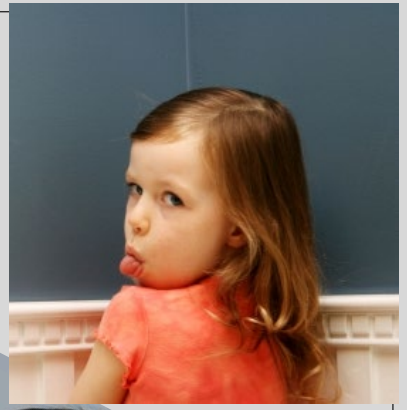
- Provide an environment conducive to learning

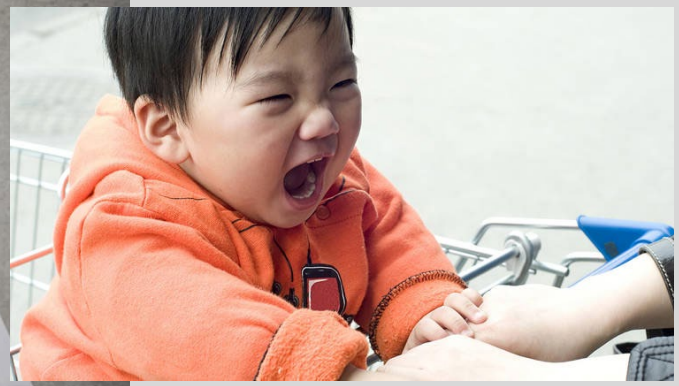
GROWTH MINDSET

FIXED MINDSET



- Focus on the positive





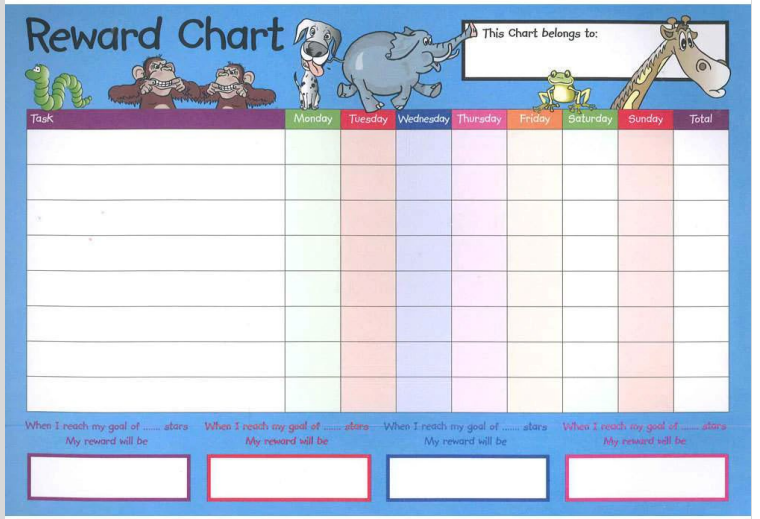
Relationships THRIVE with a

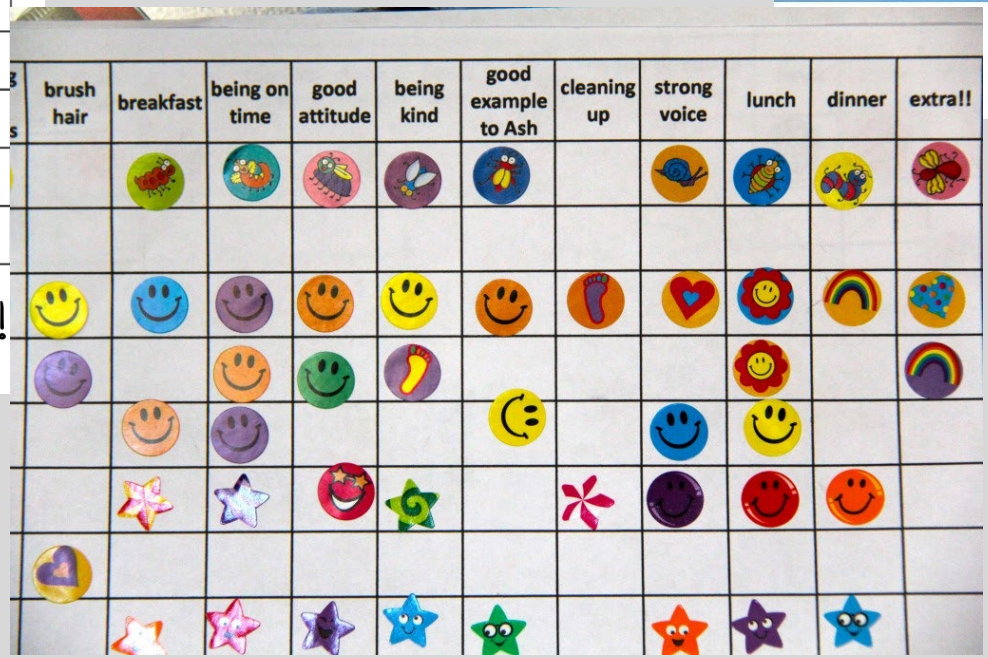
5:1

positivity ratio

Praise! Praise! Praise!

- Help them find their motivation





- Personalize The Learning

  - Consider learning space (sound, light, room, decorations, etc.)
  - Schedule adjustment
  - Their opinion and needs matter- take into consideration

  Use your child’s strengths in learning- build backward from them as much as possible.

- Communication with school
  - What is working well?
  - What isn’t working well?
  - What can be adjusted?
  - What can’t be adjusted?
  - What resources can the school offer?

- Be a Role Model

  - Set limit for screen times
  - Family dinners
  - Family Circles
  - Positive Affirmations
  - Express yourself, show vulnerability and strength
  - Lead with active listening- validate your youth’s emotions, ask them how they are doing
  - Communicate!

HAVE PATIENCE AND ABUNDANT GRACE

Our youth are struggling- give them patience and grace too! Always end the day on a high note! What went well? What do you want to do differently tomorrow? One thing you all are grateful for.

THANK YOU!

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