Tips for a Great First Day of Virtual Learning

Keep your traditional school year routine
- ✓ Go back to school shopping for supplies
- ✓ Attend Open House
- ✓ Select a special outfit (no PJ's)
- ✓ Take their first day of school photo
- ✓ Pack a special lunch

Create a learning space for your child

Create a schedule for synchronous and asynchronous work
- ✓ Stand up and stretch every 30 minutes.
- ✓ Do a cardio activity during the lunch break.

Anticipate a few glitches with technology

Arrange a fun after-school activity. Connect with peers and be social – whether virtually or in person, while maintaining physical distance.

Ask your child to share something about his/her day at dinner.

Be positive – your child will follow your cues

Be a role model for your child by practicing self-care
- ✓ Take breaks
- ✓ Get plenty of sleep
- ✓ Exercise
- ✓ Eatwell
- ✓ Stay socially connected