Tips for a Great First Day of Virtual Learning

✓ Keep your traditional school year routine

✓ 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 a lunch break.

✓ Anticipate a few glitches with technology

✓ Arrange a fun after-school activity

✓ 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

- 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

Connect with peers and be social – whether virtually or in person, while maintaining physical distance.

- Take breaks
- Get plenty of sleep
- Exercise
- Eatwell
- Stay socially connected

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