

Resources for Early & Middle Level Learners and Families

PROMOTING LITERACY

Supply print and digital texts kanopy , hoopla , epic , storylineonline , Free Audiobooks from audible How to get physical copies of books How to get ebooks and other amazing lit resources	Encourage interesting content pbskids , National Geographic Kids	Create a writing center: pencils, crayons, paper, envelopes...
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Find fun ways to practice literacy skills for real purposes and audiences:

<ul style="list-style-type: none"> • Make sidewalk chalk messages for neighbors • Write cards and draw pictures for essential workers • Write and illustrate books for siblings or neighbors 	<ul style="list-style-type: none"> • Talk online with grandparents and friends • Keep a journal or blog of daily activities 	<ul style="list-style-type: none"> • Record video book reviews and share with friends (flipgrid) • Make a lunch or dinner menu for the family
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Opportunities for Early Learners at Home

<ul style="list-style-type: none"> • Set regular reading routines and share books often. • Engage in book discussions to promote comprehension • Build your child's reading stamina • K-2 Spelling Development and Support 	<ul style="list-style-type: none"> • Play games together that involve reading, writing and word play – Bananagrams, Boggle, Boggle Junior, Cranium Cadoo and Scrabble are all great games for young learners
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PROMOTING MATH SKILLS

Opportunities for Early Learners at Home

<ul style="list-style-type: none"> • Bridges Mathematics is a K-5 Math program that many VT schools use. • The Bridges program provides many opportunities for hands-on and game-based learning • The Math Learning Center provides links to online manipulatives, family guides and games 	<ul style="list-style-type: none"> • Think about the big ideas and how you can support your child in new ways that extend learning and get them excited! • Play games together that require strategic thinking – try Blokus, Quirkle, Connect 4, Checkers or Chess <p>Math Learning Center page for families</p>
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EMOTIONAL WELL-BEING BEFORE ACADEMICS

I want my kid to walk out of this pandemic:	<ul style="list-style-type: none"> • healthy (physically and social/emotionally) • knowing that she/he is loved and we are here for her/him • having a positive self-image <p>Integrating Social and Emotional Learning into Remote Learning</p>
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EARLY LEARNERS EMOTIONAL WELL-BEING

<ul style="list-style-type: none"> • Children are not immune to the disruption in their routines, stress and anxiety brought about by the pandemic • Young children can't always articulate feelings and identify their own needs • Help them to put words to the way that they are feeling and then figure out how you can help them to coregulate 	<ul style="list-style-type: none"> • You know your child best, but some activities that could help your child achieve a more relaxed state could be taking a walk, riding their bike, watching a show, playing a game, solving a puzzle, building with Legos or drawing a picture • Students who are particularly anxious might need a cognitive distraction
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MIDDLE LEVEL LEARNERS EMOTIONAL WELL-BEING

Developmental: Physical	<p>Opportunities to:</p> <ul style="list-style-type: none"> • Movement & exercise • Plenty of nutritious food and water • Rest <p>Free online exercise classes for kids/teens</p>
Developmental: Psychological	<p>Opportunities to:</p> <ul style="list-style-type: none"> • make choices • experience autonomy • develop executive functioning • reflect on decision-making with adults
Developmental: Social & Emotional	<p>Opportunities to:</p> <ul style="list-style-type: none"> • interact with peers and develop/maintain friendships • explore their identity & interests

CREATING A ROUTINE

<p>Checklists</p> <ul style="list-style-type: none"> • Work together to make a checklist that includes more than just learning tasks <p>Morning meetings</p> <ul style="list-style-type: none"> • Have a brief morning meeting where your ML learner talks through the day's schedule and anticipates what they might need help with • Offer advice but also let them fail. . . then support them in problem solving. • Other fun ideas 	<p>Establish norms for when they're stuck</p> <ul style="list-style-type: none"> • "Ask three before me." • Write it down and move on to something else <p>Timers/alarms</p> <ul style="list-style-type: none"> • Have your child set timers for brain breaks and check-ins <p>Example: Daily Planner with Choices</p>
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ADDITIONAL RESOURCES FOR PARENTS AND STUDENTS

<p>EDC's list of resources for parents, educators, and families during COVID</p> <ul style="list-style-type: none"> • Using Technology to Support Learning with links to guides in English and Spanish 	<ul style="list-style-type: none"> • 5 Tips for Keeping Kids Engaged <p>Deb's blog about parenting and supporting learning at home during COVID</p> <p>Vermont PBS has day-by-day lessons by age range based around PBS Kids great resources</p> <p>PBS's Parent-facing website with strategies and activities for supporting learning at home, both on and off the screen</p>
<p>Agency of Education resources for families (by grade band)</p>	<p>Rule #1 for parents during Crisis Schooling: Take a Deep Breath</p> <p>Balancing your new work and home situations</p>
<p>Google/Chromebook suite of tools</p>	<p>Yardsticks developmental traits and needs ages 4-12</p>
<p>Common Sense Media has useful information about selecting media, as well as lists and reviews by age and subject area</p> <ul style="list-style-type: none"> • Useful information about how to learn with technology 	<ul style="list-style-type: none"> • Useful information about decisions and limits around screen time • A spreadsheet of livestream events organized by day and time

