Research-Based Activities for Home Learning

EDUCATION MODIFIED

Growth Journal

"Have me regularly write in a Growth Journal so that I can craft strong goals, track my progress and determine the next steps in my academic journey."

Tools & Materials

Growth Journal App
Developing a Growth Mindset through Three-Minute Journals

Articles
5 Growth Mindset Strategies for Your Classroom

Videos
Reflective Journal Writing

Research
Teaching the Character Competencies of Growth Mindset and Grit To Increase Student Motivation in the Classroom

Implementation Tips:

- In the Growth Journal, students can list their self-set goals for the semester and the practical steps needed to work toward those goals.
- They can use the Growth Journal to regularly track their progress and reflect on what works and what they need to improve upon.
- Parents can also respond within the journal, commenting on the student's goals and outlined steps, and encouraging them.Growth Journals should be a place where a student can be honest about their successes and failures.
- Let your child celebrate their efforts toward a difficult task.
- Also, let them free-write about how hard they are trying or how difficult it is to change.

Best For Students Who

Are unsure of themselves; Are not making adequate academic progress; Have difficulty setting goals and attaining them.

Skill Gaps
Attention & Focus
Grit
Task Initiation
Prioritization

Classifications

ADHD
Austim Spectrum Disorder
Specific Learning Disability
Anxiety Disorder

Mindfulness Session

"Teach me how to engage in a guided Mindfulness Session so that I can begin to use my breath and mind to relax, focus, and develop a growth mindset."

Tools & Materials
Stop, Breathe & Think App (Free)
Mindfulness Activities and Teaching Resources
Select Mindfulness Curriculum Modules for Adolescents

Articles
Integrating Mindfulness in Your Classroom Curriculum

Videos
Mindfulness in the Classroom

Research
Life in the Mindful Classroom: Nurturing the Disposition of Mindfulness

Implementation Tips:

- There are four key ways to teach mindfulness: through breath, through sensory experiences, through guided imagery and through movement.

- Teacher should be well trained in each of these strategies and utilize the one(s) that are most appropriate to the classroom.

- These mindfulness session should take place as a classroom routine and can also be used in order to maintain a positive classroom environment.

Best For Students Who

Have difficulty persisting through difficult assignments; Are resistant to beginning activities on their own; Have difficulty concentrating
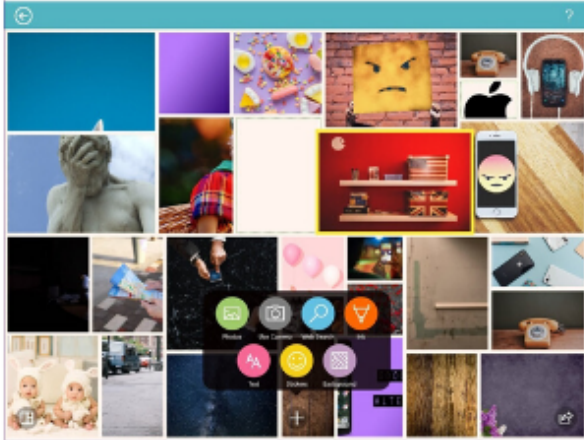
Skill Gaps

Attention and Focus
Engagement, Fluency, Stamina

Classifications

Dyslexia, Speech-Language-Impairment

Collaging

"Guide me in the the process of creating a collage by gluing fragments of images or materials to a flat surface so that they can use multiple modes of expression to convey meaning."

Tools & Materials
Photo Collage (Free)
Sketchbook (Free)
5 Free Tools To Create Collages From Your Pictures
Collaging Supply List
Collage Lesson Plans for All Subjects

Articles
Collaging Fun (The Autism Helper)

Videos
How to Compose a Collage

Research
Supporting Children's Writing in Inclusive Classrooms With Arts-Based Strategies

Implementation Tips:

- Let students make collages before writing on an assigned topic (food choices in the cafeteria) or question ("What do you care about today?").

- Let students make collages about their own or their peers writing, after the writing is complete.

- Let students help collect materials and images throughout the school year.

Best For Students Who

Have challenges with psychomotor skills (e.g., handwriting, typing); lack positive experiences generating and organizing ideas; do not feel they have any ideas; do not think their ideas will be appreciated in a school setting..

Skill Gaps

Cognitive Flexibility,
Grit,
Self Awareness

Classifications

Autism-Spectrum-Disorder,
Emotional-Disturbance,
Specific-Learning-Disability

Virtual Manipulative

"Teach me how to use Virtual Manipulative's so that I can better understand how to calculate the perimeter, area, and volume of a rectangular prism"

Tools & Materials
Illumination Activity for Volume
Activities for Area
Virtual Activities for Perimeter

Articles
Virtual Manipulatives and
Simulations for Volume Measurement

Research
Using Virtual Manipulative Instruction to Teach the Concepts of Area and Perimeter

Implementation Tips:

- Check which sites require Java for specific computers used in your home.

- Evaluate different resources with your child, but allow them to explore and learn as they go.

Best For Students Who

Struggle with concrete manipulatives because a significant cognitive load is placed on them when asked to manipulate numerous physical objects in a continuous sequence; have difficulty with conceptually understanding area, perimeter and volume.

Skill Gaps

Arithmetic
Geometry
Comprehension
Engagement

Classifications
Autism-Spectrum-Disorder,
Dyscalculia
Specific-Learning-Disability

Touch Typing

"Instruct me how to write using Touch Typing so that I can increase my typing skill & produce written language with greater fluency and confidence"

Tools & Materials
Typing Club - Learn Touch Typing for Free
Typing Games

Articles
Creating a Dysgraphia-Friendly Classroom (Edutopia)

Videos
Keyboarding 4 Kids - Stefan's Story of How Typing Helped Overcome Dyslexia

Dillan's Voice - Inspirational Story of a Boy with Autism Finding His Voice

Research
Keyboarding Instruction for Special Needs Elementary Students
Taking the Pencil Out of the Process (Teaching Exceptional Children)

Implementation Tips:

- Choose a typing program that's right for your school and District.

- Typing instruction should begin in kindergarten and be prioritized in each grade level - but it is never too late to start.

- Be sure to be aware of accommodations the student may receive on state-wide testing.

- If a student is struggling with finger placement on the keyboard, you may want to supply them with a "finger trainer" to help them learn correct positioning.

Best For Students Who
Have difficulty with consistent letter formation, word spacing, punctuation, and capitalization; May have difficulty with writing fluency, floating margins, and legible writing..

Skill Gaps
Cognitive Flexibility,
Grit,
Self Awareness

Classifications
Autism-Spectrum-Disorder,
Emotional-Disturbance,
Specific-Learning-Disability

Storyboard

"Have me draw what I read using a Storyboard so that I can understand and retain content using a modality that is accessible to me."

Tools & Materials
EdMod Customizable Storyboard (Google Doc)
Storyboard template
Story Board That

Articles
Putting Thoughts on Paper: Start with a Storyboard! (Teaching Channel)
Guide to storyboarding

Videos
Analyzing text with storyboarding

Research
Storyboarding for students with learning disabilities

Implementation Tips:

- Students can create storyboards on paper or digitally.

- This can be done as a whole class or a personalized modification.

- This strategy is also effective as a homework tool.

Best For Students Who
Are engaged when drawing or sketching; Are reluctant writers; Are kinesthetic learners.

Skill Gaps

Cognitive Flexibility,
Grit,
Self Awareness

Classifications

Autism-Spectrum-Disorder,
Emotional-Disturbance,
Specific-Learning-Disability

Avatars

"Teach me to record my voice and use Avatars to present my ideas to you or the whole class so that I become comfortable with public speaking."

Tools & Materials

Voki - Speaking Characters For EducationAvatar Maker

Videos
Interactive Avatar Engages Child

Research
Using affective avatars and rich multimedia content for education of children with autism

Implementation Tips:

- Introduce Avatars by first having a student create their own to their liking of style, animal, etc.

- Slowly have student begin to use their own speaking voice.

Best For Students Who

Have a hard time focusing; Are not ready to verbally respond; Are comfortable using technology.

Skill Gaps

Cognitive Flexibility,
Grit,
Self Awareness

Classifications

Autism-Spectrum-Disorder,
Emotional-Disturbance,
Specific-Learning-Disability