

WEEKLY BEHAVIOR TIPS

"ALLOW FOR BREAKS AND MOVEMENT"

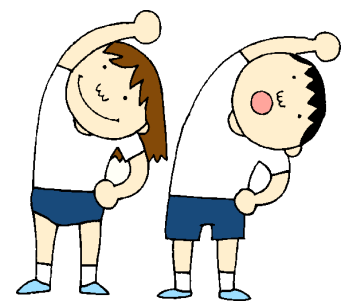


Remember: Most children don't have long attention spans, and this can be even more likely for students with disabilities. Many students' IEPs include accommodations for frequent breaks and to allow movement. This will apply to home learning as well.

Make time for recess!

- Recess is also extremely important, even though it may look a little different at home.

- If your child cannot play outside, you can use exercise programs for video game consoles, or access video channels from YouTube or <https://www.gonoodle.com/>



- If your child receives physical or occupational therapy, you can use their therapist's suggestions for at-home exercises.

Informational corner:



- Breaks are a good time to allow your child access to their preferred activities or to have a snack
- It is a good idea to use a timer to indicate the end of a break.



If your child needs a visual timer, you can download a fun digital timer at the link below:

<https://www.online-stopwatch.com/classroom-timers/>

Source: "Tips for Families in Supporting Their Children with Disabilities in Virtual Formats"

<http://www.floridainclusionnetwork.com/wp-content/uploads/2020/03/Parent-Virtual-Tips-SWD-Final-03.24.20.pdf>

Brain Breaks

- A brain break is just what it sounds like—a break from whatever kids are focusing on
- Taking brain breaks can make schoolwork less frustrating for kids with learning and thinking differences
- The key is to take them before fatigue, distraction or lack of focus set in
- Brain breaks can include physical activities or relaxing, quiet activities

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/brain-breaks-what-you-need-to-know>

<https://teachingmama.org/brain-breaks-for-kids/>