Create a Schedule/Checklist
- Create a daily schedule that includes work tasks, as well as fun activities
- Break work tasks into smaller chunks if needed
- Schedule frequent breaks
- Schedule a preferred/fun activity after work tasks

Provide Choice
Offer choices in:
- Order of activities
- Which materials to use
- Write or type assignment
- Topic to write on
- Book to read
- How long to work before a break

Find Motivation
- Use token boards/reward systems
- Use the schedule and first/then language to show your child when preferred activities will occur (First math, then outside)
- Try to incorporate natural motivation into work tasks (ex: reading a preferred book for reading time)

How To Help Your Child Succeed At Distance Learning

Use Visual Supports
- Rules. Write 3 rules about working from home (ex: follow your schedule, ask for help, finish your work)
- Schedule
- Token System
- Reminders of coping strategies (ask for help, take a break, take deep breaths, etc.)

Set Up a Work Space
- Remove distractions in immediate work area
- Have all necessary materials available and ready
- Have visual reminders nearby on wall or desk/table
- Have a timer if needed

Offer Support & Praise
- Support your student in getting started to set them up for success
- Praise them for following rules, trying their best, and even just for sitting & attending.
- Remind your child that they can ask for help when needed & praise their efforts when they choose appropriate coping strategies.