

Learning at Home with Inclusion Alberta

Tuesday, May 12, 2020

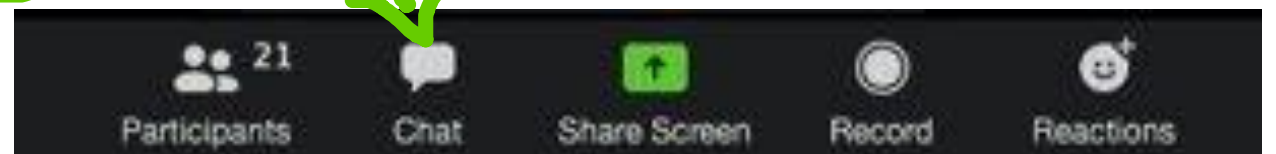
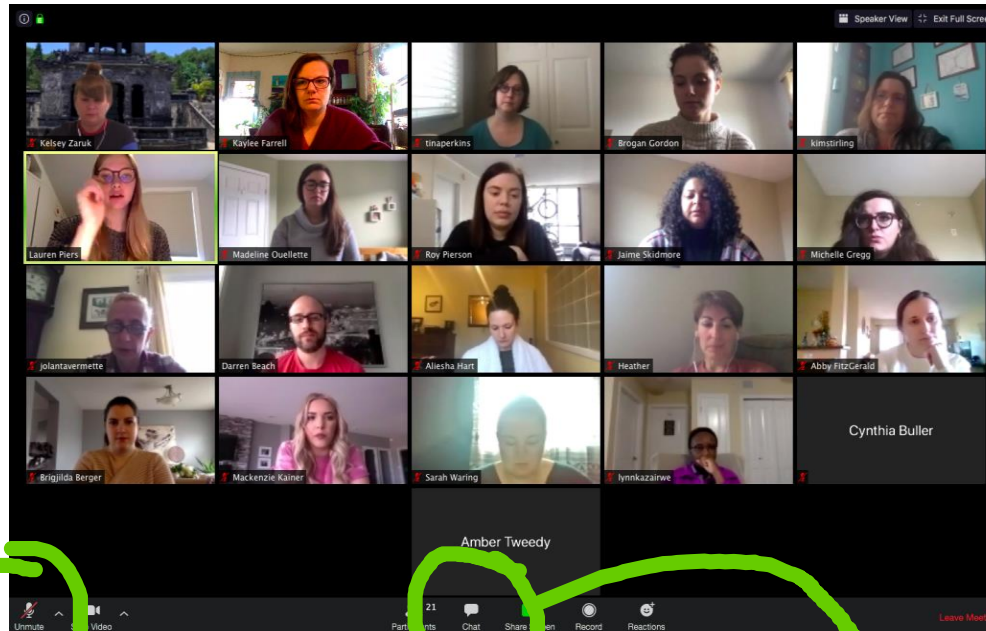


Welcome to Learning at Home with Inclusion Alberta



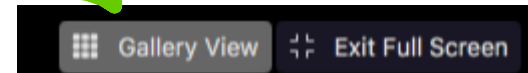
May 12, 2020

- Please mute your mic when not talking
- Use the chat to introduce yourself and tell us where you're from!



Learning at Home with Inclusion Alberta

- Headphones can help with feedback
- Grab a pencil and paper to take notes
- Select Gallery View to see everyone at the same time
- Try turning your video off if your internet is lagging



If you get disconnected,
use one of these numbers
to call in:

+1 778 907 2071

+1 438 809 7799

+1 587 328 1099

+1 647 374 4685

+1 647 558 0588



Outline (90 minutes)



Housekeeping and Introductions



Communicating with the School



Building Education into your
Daily Routines

Breakout Room 1



Tips and Tricks for Making Learning Accessible



Supporting Social
Connection

Breakout Room 2



Time for Questions

Mindfulness

TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.





You are NOT Homeschooling

A decorative background on the left side of the slide featuring several dark grey paper airplanes and one yellow paper airplane, all set against a dark grey surface. The yellow airplane is positioned in the center, with two horizontal white lines extending from its tail towards the left edge of the frame. The other grey airplanes are scattered around it.

Communicating with the School

- Let the teacher know about your home context
 - Technology
 - Availability and capacity
 - Supports
- What has been working for you so far
 - Virtual meetings
 - Email communications
- Communicate what would help...
 - I need to know the learning goal
 - I need clear directions
 - How many assignment(s) per subject per week?

As a parent, understanding the learning goal is key!

- "I see the work posted on google classroom and I am hoping you can tell me what the overall learning objective is for all students and how you've adapted or modified that learning objective for my child?"

Ask the teacher for adaptation/modification

- "I see the work posted on google classroom and I am looking for direction on how my child will participate in the assignment/activity? What do you want my child to do in order to meet your expectations for their learning?"



K

1

2

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6

7

8

9

HIGH SCHOOL

COMMON
QUESTIONS

CUSTOMIZE YOUR
PRINTOUT

MY CHILD'S LEARNING: A PARENT RESOURCE



WELCOME TO MY CHILD'S LEARNING: A PARENT RESOURCE,
YOUR DOORWAY INTO YOUR CHILD'S WORLD OF LEARNING.

Be informed. Be involved.

<https://www.learnalberta.ca/content/mychildslearning/>



We recognize that parents play an important role in shaping the way their children view learning. As a parent, you understand more than anyone else how your child learns and processes information. This resource will provide you with a better understanding of Alberta's curriculum and related information for

Building Education into your Daily Routine to Encourage Positive Interactions



Likely some of this routine will last until end of August



Focus on child's strengths and interests



Try to give them what they need

Opportunity to
Move
Breaks
Choice
Flexibility

Routine,
Routine,
Routine...



Location, location, location



Build in independence



Learn from the past, be
proactive in the future

Sample Routine










	<i>To Do List</i>	Time
	Breakfast and Clean up	30 minutes
	Hygiene: dressed, bathroom, brush teeth	15 minutes
	Reading: Raz Kids or your books by yourself, Answer questions on Raz kids	20 minutes
	Movement Break: Stretch, Just Dance, Go Noodle	20 minutes
	Healthy Snack and clean up	20 minutes
	School Work from your teachers or <u>iXL</u> math	30 minutes
	Sing or listen to music	20 minutes
	Break: You choose	20 minutes
	Prepare lunch, eat and clean up	30 minutes

Sample List of Choices During Free Time

Screen-Free Options

- Read a book 
- Play with dolls 
- Draw/Colour on paper/whiteboard 
- Build a tower 
- Play with pet 
- Playdough 
- Play outside 
- Write a letter to teacher/friend 

Screen Options

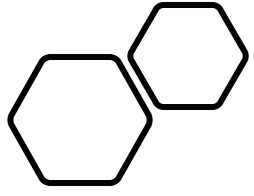
- 1 tv show 
- 2 songs on Youtube 
- 3 Gonoodles 
- Send 4 text messages 
- 15 minutes on snapchat 
- Read on Raz-Kids 
- Play games on Math Prodigy 

(make it visual!!)

Accentuate the Positive

- We learn more by **positive** rather than negative consequences
 - **Remember at least 8-1 positive to negative interactions**
- Acknowledge positive actions casually and briefly
 - **Good:** Good Job
 - **Better:** I noticed you put the blocks away in the drawer where they go
 - **Best:** Great job! Can you tell me what you did with the blocks?
- “Children learn better from what they tell themselves”
 - Latham 1999, 2004





Strategies When Things Aren't Working



Don't sweat the small stuff

(and it's probably small stuff)



Selectively reinforce another behavior

Can you help me turn the pages? You'll have to be really quiet so you know when to help me turn the page.



Stop redirect and reinforce appropriate behavior

We are not going outside now. Let's take an exercise break. You can pick the gym video.



Understanding behaviour as a form of communication

- Try to understand what is being communicated and respond to that
- Then anticipate for next time and be proactive
- Be firm and consistent

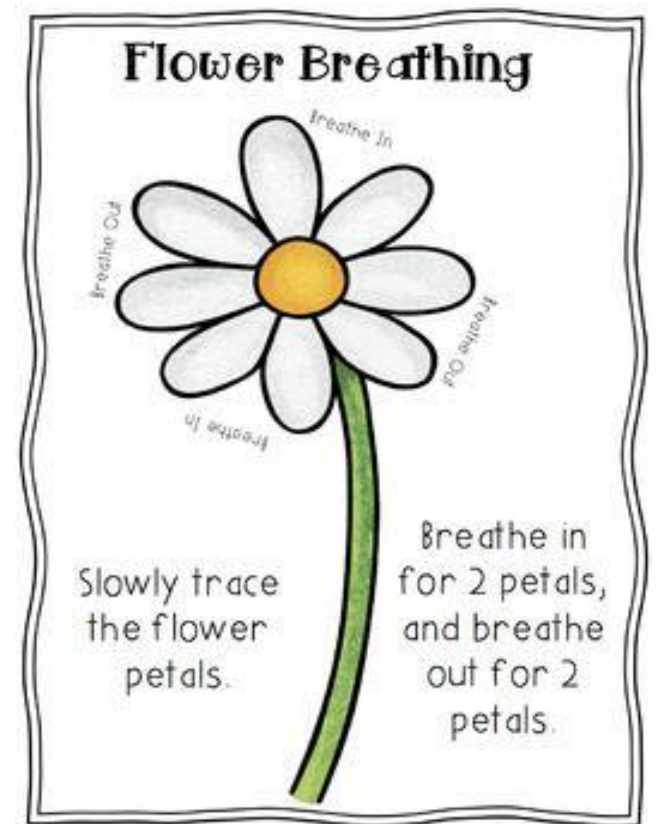
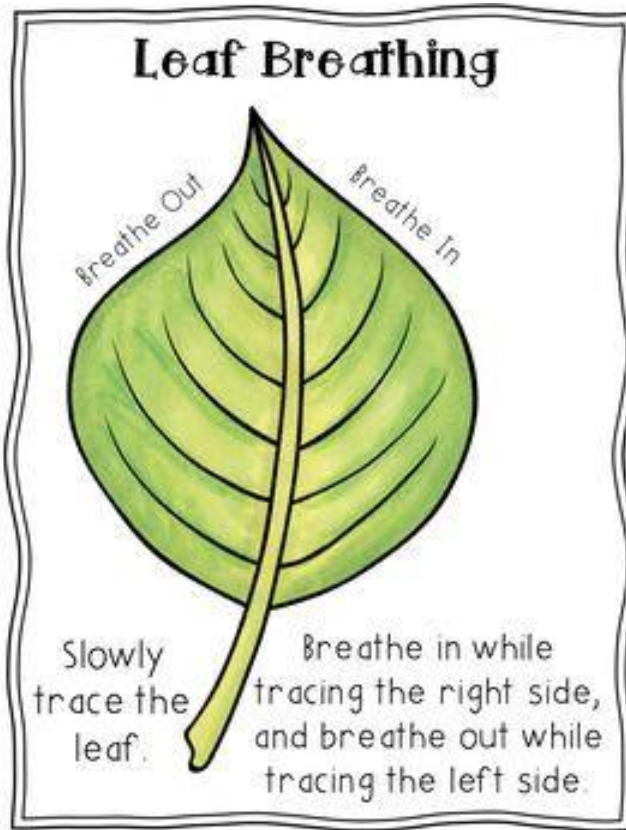
Weathering the Storm and Moving On

During

- “the most human response at this point is to offer support, to act in a comforting manner and help the person relax and feel safe. Teaching can come later. In a crisis....listen, support and simply be there.
 - Paula Kluth

After

- That the crisis is over
 - You are done with all that now
- Validate feelings
 - I understand that was hard for you
- It is time to move on
 - What can I do to help you get started now?



Mindfulness Activity

Breakout Room 1

Question 1: What is one thing you heard today about communicating with the school/teacher that was helpful?

Question 2: How might you adjust your routines based on what you heard today?

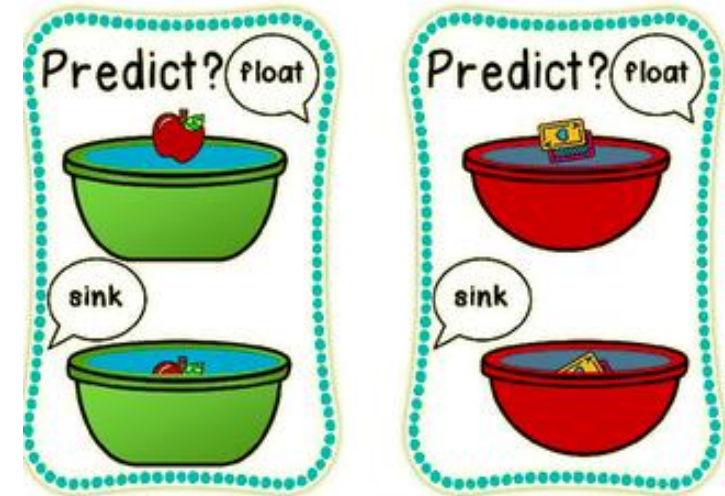
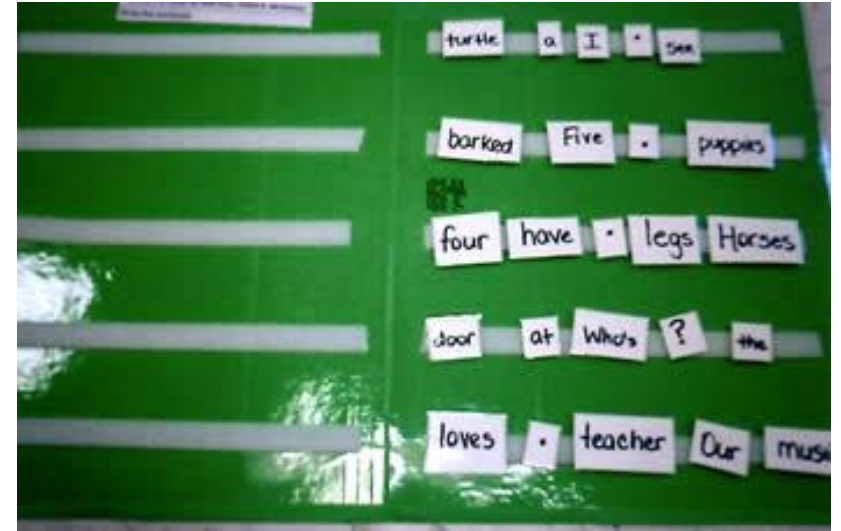
Common Activities and Supports

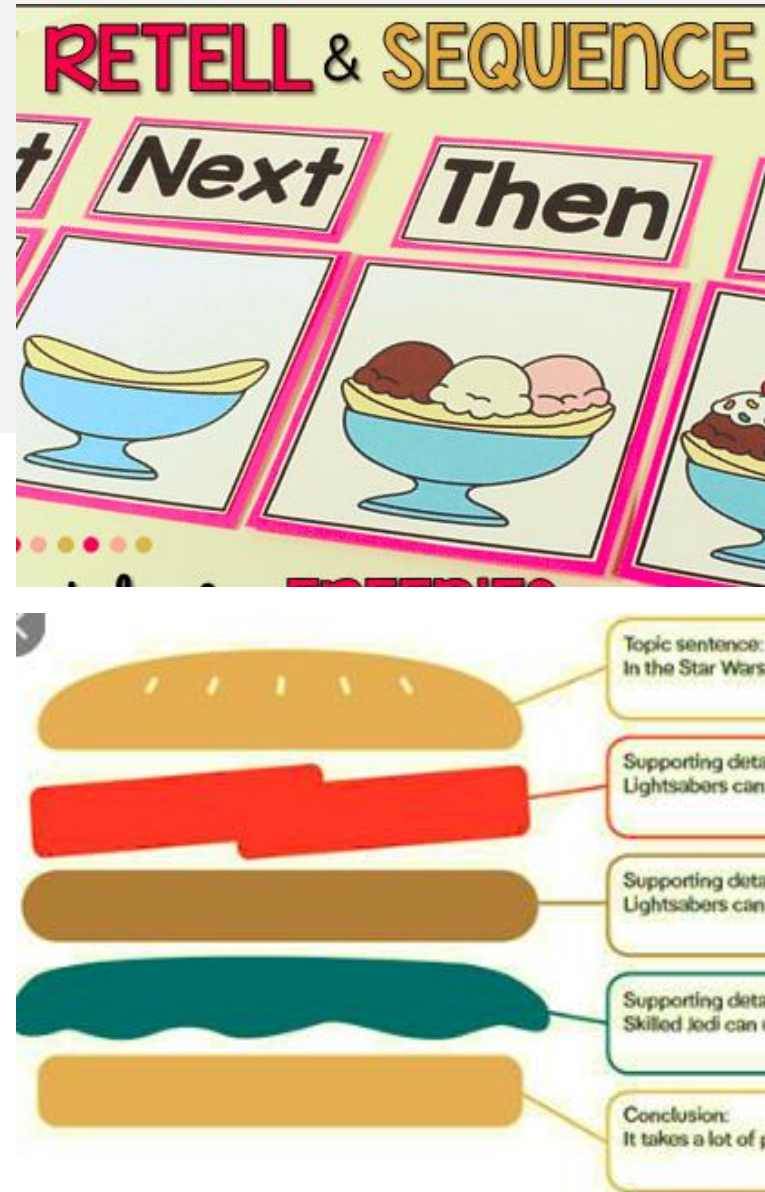
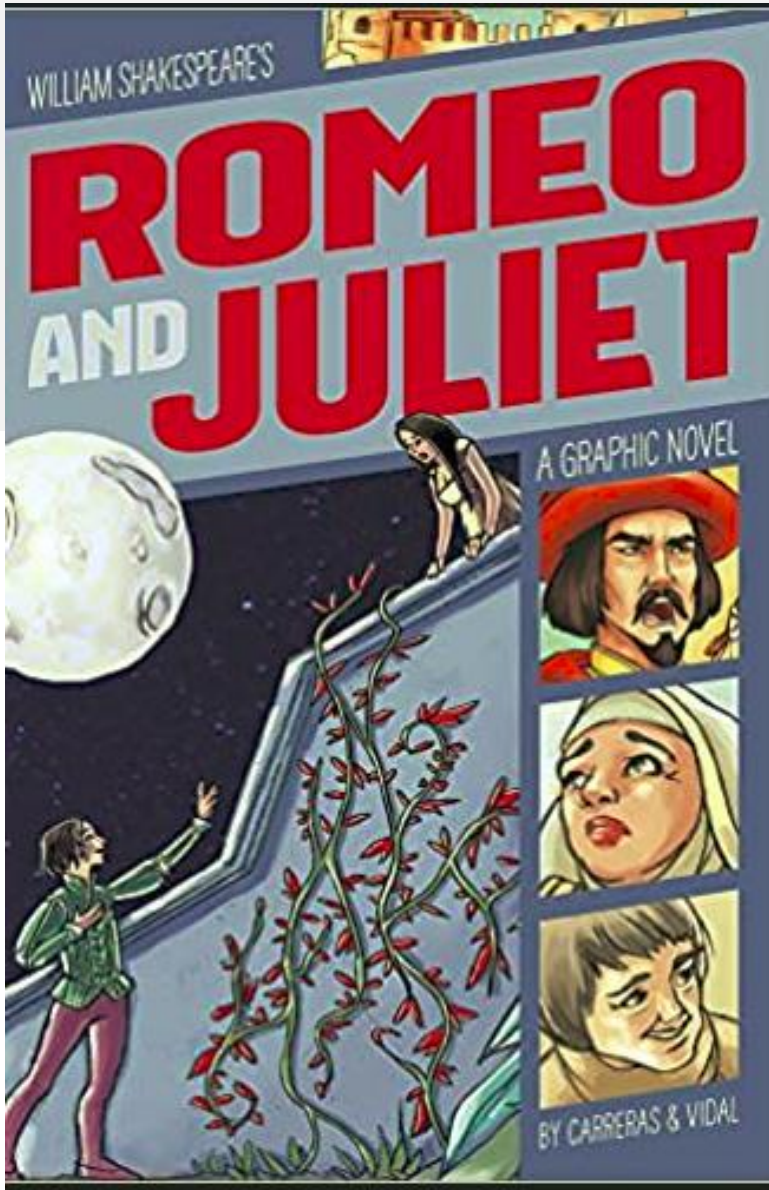


- **Sit and listen:**
- Visuals to look at
- Choice of where to sit
- Something to hold
- Movement breaks

Common Activities and Supports

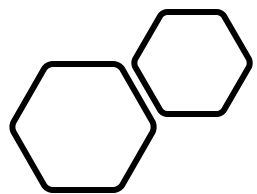
- **Complete an assignment/Take a test**
- Large print or different format/font
- Word bank to select a response
- Fewer questions/problems
- Simplify directions/questions
- Chunk material into small sections
- Highlight important words/phrases





Reading & Writing

- Audiobook
- Google Read & Write
- Watch video/movie
- Shared/Partner reading
- Simplified book or graphic novel
- Graphic organizers
- Fill in the blanks
- Picture sequence
- Match sentence to picture



Common Activities and Supports

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



Unifix Cubes



Ten Frames



Number Lines



120 Number Board





Color Tiles



Base Ten Blocks

- **Math**
- Didax Virtual Manipulatives
 - Number lines, ten frames, color tiles, dice, balance scales, etc
- Interactive 100 chart
 - Splat square

Strategies for success...

					
Wait time	Offer Novelty	Offer Choice	Ask your child if they want support	First. Then	Use a timer

Supporting Social Connection

- Ask when virtual learning is occurring and help your child be there
- Ask about teacher about how are other kids connecting?
 - Home room teacher activities
 - Google hangouts/meets
 - Popular social media apps
- Ask about school events
 - Dancing for Donuts (awards for best costume, best Tik Tok, most unique, etc.)
 - Community Parade in the parking lot

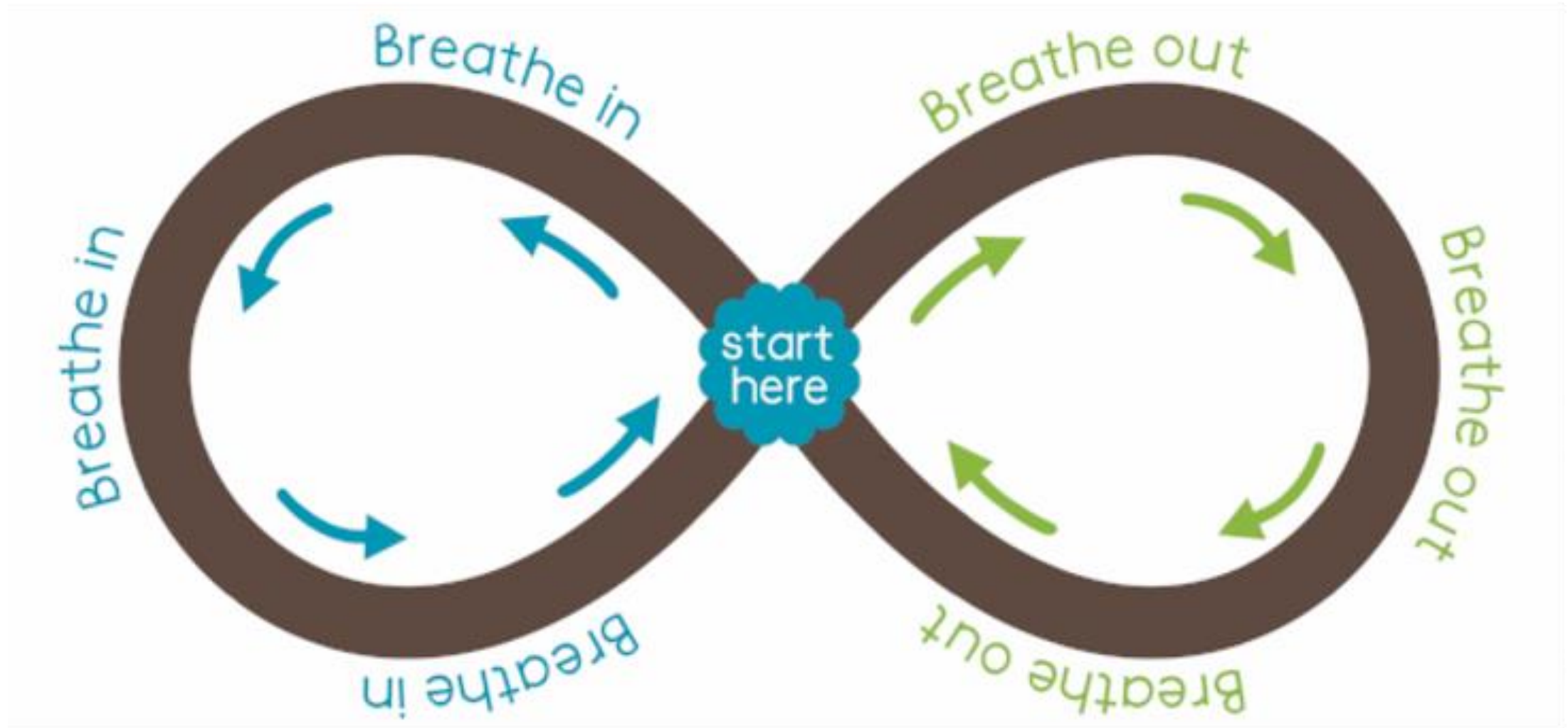




Supporting Social Connection

- Download an app for connecting with peers
 - Instagram, Snapchat, WeChat, Kik, WhatsApp, etc
 - Email out contact info (or ask teacher to distribute for you)
- Schedule times to facetime with family members and friends
- Community events
 - Art in the windows
 - Scavenger hunts
 - Sidewalk games

Mindfulness



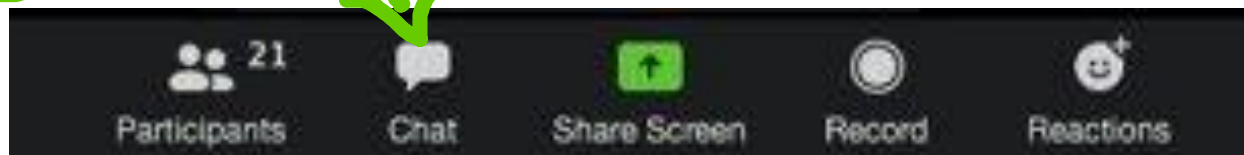
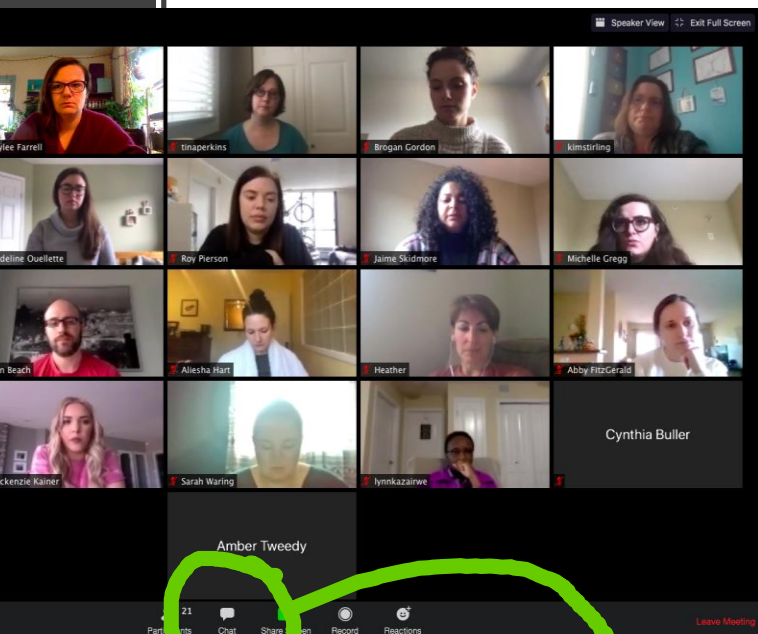
Breakout Room 2

Question 1: What one or two learning supports might help your child experience success?

Question 2: Who will you help your child connect with this week? And what strategy will you use?

Questions?

Please use the chat to ask your questions



More Questions?



mail@inclusionalberta.org

Thank you for joining us!

We will be posting the
slides for this
presentation on our
website

Links:

- <https://www.learnalberta.ca/content/mychildslearning/>
- <https://family.gonoodle.com>
- <https://www.raz-kids.com>
- <https://chrome.google.com/webstore/detail/readwrite-for-google-chro/inoeonmfapjbbkmdafoankkfajkcphgd>
- <https://www.didax.com/math/virtual-manipulatives.html>
- Visual Timer: https://www.youtube.com/watch?v=ap-JvvU0xV4&feature=emb_logo
- Graphic Organizers: <https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/graphic-organizers-for-kids-with-learning-and-thinking-differences>
- https://www.abcya.com/games/interactive_100_number_chart