



Part 1: Reflection on "Distance Learning"

- 1) What has been working for your children during this time of "distance learning"? Some parents have embraced the lack of structure and others have built routines and schedules to keep things organized. What has worked for you and your family?
- 2) What are you thankful for "saying goodbye" to? Many parents are glad to let go of managing assignments and monitoring screen time.
- 3) What's been working for you as a parent? What has helped you stay grounded and calm through these past several weeks? Many parents have shared that exercise, time outdoors, and lowering expectations have really helped. What has worked for you?

Part 2: Envisioning Summer

- 1) What are your "anchors" for the day?
- 2) Identify patterns that work for your children.
- 3) Communicate plans, expectations and limits. What limits and expectations do you have? For example: screen time, reading, chores, independent play, etc.
- 4) Brainstorm list of independent activities and guided/joint activities.
- 5) Be flexible, be willing to adjust.

