

TIPS FOR DISTANCE LEARNING

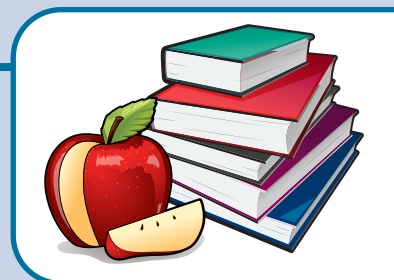
1 Maintain routines as much as possible.

- ▶ Keep the same schedule that you had at school. If math lessons were typically every day at 10am, hold your group lessons at that same time. If you are not able to have group lessons, share your school schedule with your parents so that they may maintain the routine at home.



2 Make symbol supports accessible for parents.

- ▶ If your students were using a picture schedule, be sure that your parents have the needed symbols to continue using a schedule while at home. Even if the schedule changes, as we all know it will, it will be important that students are still in the habit of following a schedule and using symbols to represent daily activities.



3 Self-monitoring tools are key to student success!

- ▶ Monitor lesson progress step-by-step. These steps will add structure and may help students gauge the duration of the lesson, lessening anxiety that students may have.
- ▶ Create self-monitoring tools that set expectations for a lesson. For example, a checklist for a literacy lesson might include things like: "I answered one question," or "I pointed to the title."
- ▶ Continue to utilize checklists that are familiar to the students. For example, some curricula, such as **Math Skills Builder**, comes with a problem-solving checklist, so that students can check off each step as it's completed. If students were using such tools in your classroom, continue to have them utilize them at home.
- ▶ Create step-by-step self-monitoring tools for life skills and provide these for your students. With students spending all their time at home, why not target a range of daily living skills? Break tasks down into as few or as many steps as is appropriate for an individual student. If a student is not physically able to complete all steps of a task, provide the task analysis to caregivers and note the steps that the student can complete.
- ▶ Utilize existing tools that can be used for self-monitoring. Many Attainment products, such as **Living on Your Own** or **Look 'n Cook Microwave**, target daily living skills and include the step-by-step breakdown for daily living tasks. These step-by-step instructions can easily be used as a self-monitoring tool. If you do not currently have these products, visit www.AttainmentCompany.com where you can find sample lessons.
- ▶ Self-monitoring tools should be simple and easy to create. Parents can print these out or students can use as a PDF on their digital devices. If you have access to **GoWorksheet Maker**, students can send their self-monitoring checklists back to you!

Sample Student Checklists

