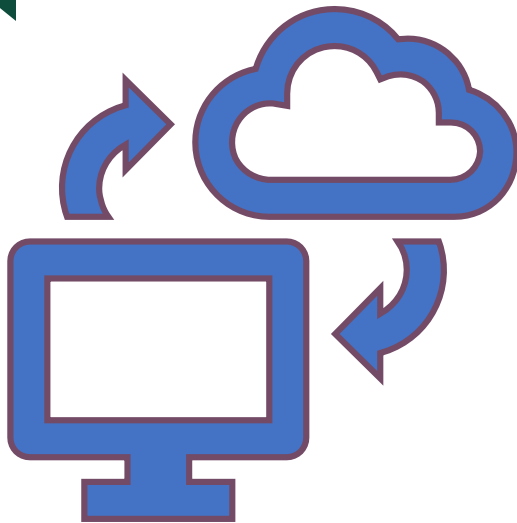




# Strategies and Resources for Parents

Ahern School Counselors: Lauren Bailey,  
Melissa Henry and Kirsten Howden

# STRATEGIES FOR ASYNCHRONOUS DAYS:



- Students should find a quiet place to do their work (bedroom-away from distractions, kitchen table, desk etc.). Keep the location consistent.
- Using headphones can help to block out noises that could be distracting.
- Have students build breaks into their schedule throughout the day.
- During breaks-movement can be very beneficial-have your child walk around, do jumping jacks, push-ups, wall push-ups, walk downstairs to get a drink of water etc. This helps the brain to re-focus.
- Have students use alarms to remind them to Log in and Log out.
- Use checklists to complete assignments.

## Remote Day Checklists:

Checklists can be a very helpful tool to use on remote days. Many teachers provide their own, but we have a few examples of ones that students have found helpful.



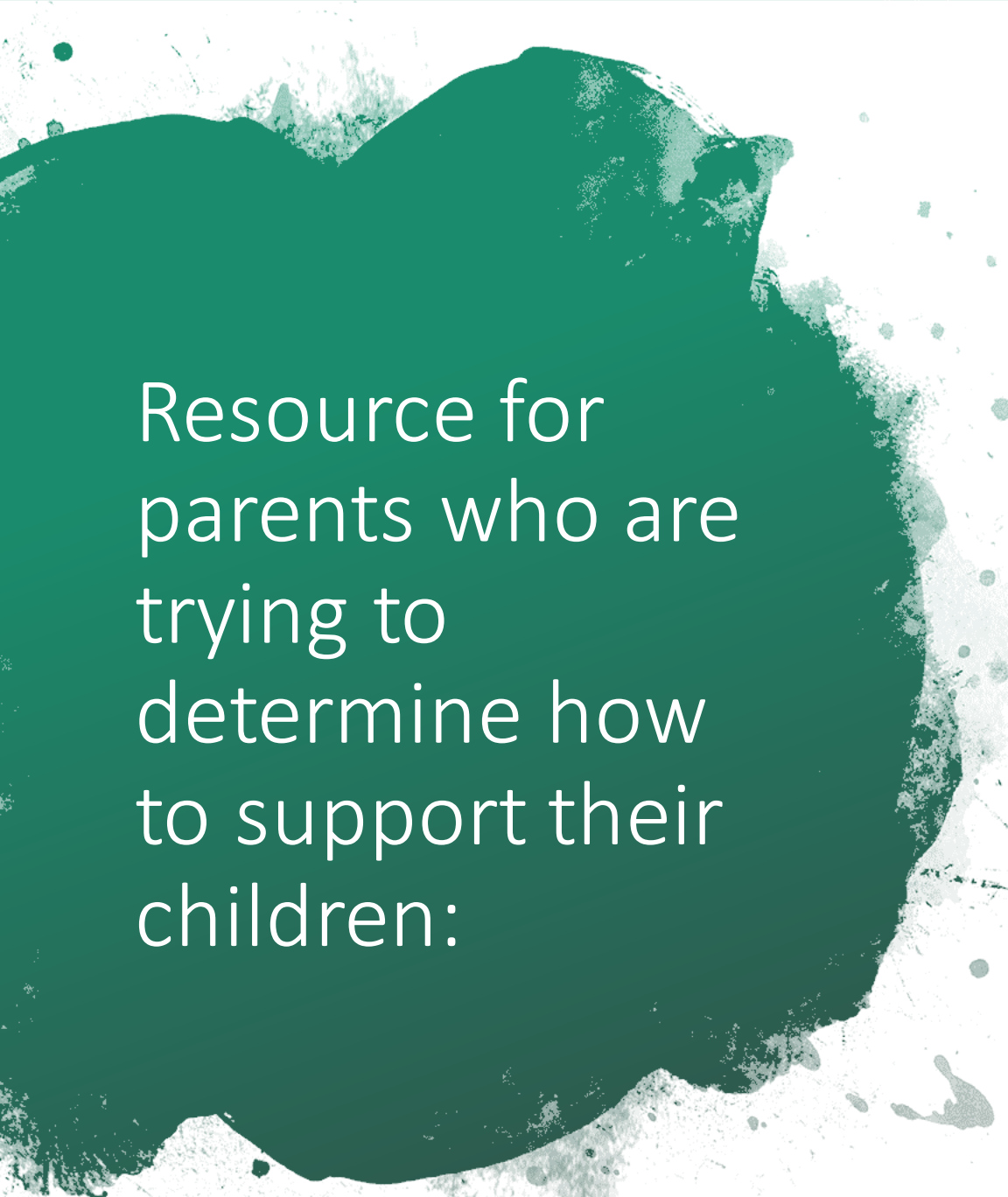
**Create a schedule  
that is similar to the  
Ahern School Day**

**My Remote Day:**

<b>Time/Subject:</b>	<b>Assignment:</b>	<b>Check it Off:</b>
<b>8:15</b>	Log in	
<b>8:15-9</b>		
<b>9:05-9:45</b>		
<b>9:45-10:05</b>	Snack/Break	
<b>10:05-10:50</b>		
<b>10:55-11:40</b>		
<b>11:45-12:30</b>		
<b>12:30-1</b>	Lunch	
<b>1-1:40</b>		
<b>1:45-2:20</b>		
<b>2:20</b>	Check Out!	

- **Homework tonight:**
  - **English:**
  - **Math:**
  - **Science:**
  - **Social Studies:**
  - **Foreign Language:**
- Please also make sure your child checks the Ahern homepage that includes slide decks for both at home/in person assignments daily.
- Make a note of any questions that I have for my teacher so I don't forget:

## Homework checklist/Reminders for School



Resource for  
parents who are  
trying to  
determine how  
to support their  
children:

- <https://handholdma.org/>
- (Excellent resource for parents)

# Resources for Kids

Type of Resource	Website	Information
Yoga (for beginners and advanced), and workout (HIIT, Barre, 7 minute workout)	<a href="https://www.downdogapp.com/">https://www.downdogapp.com/</a>	Free access for all students and teachers (K-12 and college) through July 1 <sup>st</sup> . To access the free school membership, please sign up with your school email address.
Meditation	<a href="https://www.calm.com/">https://www.calm.com/</a>	Free basic membership for everyone. *Exit out of the screen with the credit card information to skip signing up for the 2 week premium trial
Guided Meditation	<a href="https://www.uclahealth.org/marc/mindful-meditations">https://www.uclahealth.org/marc/mindful-meditations</a>	Free via app download (iOS and Android) or to download via the website onto your computer

# Resources for Kids, Continued:

Guided Meditation	<a href="https://insighttimer.com/">https://insighttimer.com/</a>	Free guided meditation, access online or download the app *option to upgrade to yearly subscription is NOT necessary
Guided Meditation	www.Simplehabit.com	Available on iOS or Android, app only, paid subscription NOT necessary
Yoga for Kids and Teens	Youtube.com- thousands of options if you search yoga for kids and teens Recommendations: Sean Vigue Fitness (relatable to children/often times his dog Addie will be present in the yoga sessions). The Mindful Monday Club at Ahern has used many of Sean Vigue's video's and the students really enjoyed them	Free on any device
Meditation	Stop, Breathe & Think App Some of the many options include: calm coronavirus anxiety, sleepy time for kids, find your calm, feel happy and connected	Free on any device with may meditation options and self-rating opportunities. Upgrade available for premium options for \$9.99 per month Some guided meditation options available in Spanish, also



Don't forget that these are challenging times, and it is ok to not be ok. Please remember that the Ahern community is here for your children and we want to help support them. Please be in touch with any of us if you need any help or if you have questions or concerns about your child.

