

tips + resources
for parents
teaching
their kids from
home

TROY'S TIPS



IT'S UNCOMFORTABLE!

Understanding the situation is uncomfortable, difficult and challenging is the first hurdle! There won't be instant feedback like in the classroom, so teachers AND students will be more resilient than ever when we come out of this.



SET A SCHEDULE

Establish a routine and timetable similar to school - lesson times, break times and outdoor times. This is why students and teachers are successful in education. We live and breathe by a timetable and structure. If you set it, you are more likely to get it



LOWER YOUR EXPECTATIONS!

This is not a perfect situation - you will not get perfect results - adapt to this slowly. Aim for 100% output, settle for 75%



DEVICES.....

Devices are powerful in this setting, but can also be limiting. Limit phone accessibility and do not sit in front of your laptop for 6 hours a day - we don't do this at school, so don't do it at home.



HUMAN NEEDS

Humans are living organisms - we need healthy food, exercise, water and sunlight. Sustain and maintain this input and your output will match!



MASTER & PRACTICE

Master the simple structures, of life and wellbeing; then it will be easier to adapt to the stresses and challenges of curriculum requirements.



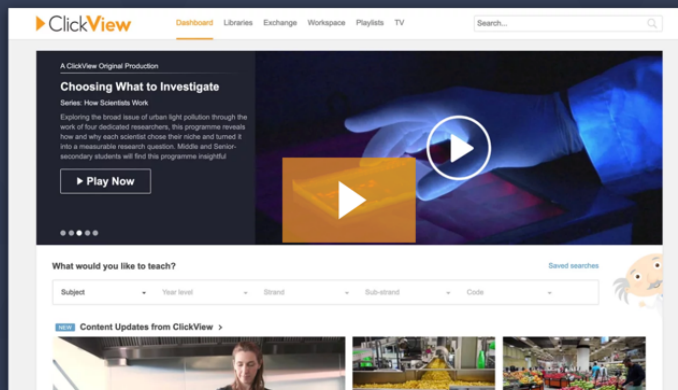
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