

# SUPPORTING LEARNERS AT HOME

**Suggestions for distance learning during covid-19**

# WHO I AM

DORA POWELL, BCBA (BOARD CERTIFIED BEHAVIOR ANALYST)

20+ YEARS OF EXPERIENCE WORKING WITH STUDENTS OF ALL AGES AND ABILITIES

CULTURAL EXPERIENCES, BILINGUAL (PEACE CORPS, SPANISH)

WRITING ASSESSMENTS AND BEHAVIOR PLANS

I AM A PARENT, TOO!

# INCREASING ENGAGEMENT

- KNOWING THE LEARNING GOALS
- FLEXIBILITY CAN INCREASE LEARNING TOGETHER
- PROVIDE RATIONALE FOR LEARNING THAT IS RELEVANT TO THEIR LIFE
- GOOD THINGS HAPPEN WHEN WE LEARN
- MEET THEM WHERE THEY ARE AT - IN THE VIRTUAL WORLD, TOO!
- WORK WITH YOUR CHILD'S TEACHER(S) TO INDIVIDUALIZE LEARNING
- REFLECT ON WHAT WORKS FOR THEM AT SCHOOL

# MAKE SURE YOU HAVE TIME IN THE SCHEDULE FOR...

BREAKS! EVERYONE NEEDS THEM. OUTSIDE/FRESH AIR BREAKS ARE BEST.

MOVEMENT

EATING! MAKING SURE WE HAVE HEALTHY AND BALANCED MEALS

SOCIALIZING! DIFFICULT, NOT IMPOSSIBLE.

REST!

PREFERRED ACTIVITIES!

# BEHAVIOR MANAGEMENT STRATEGIES

CLEAR EXPECTATIONS (WITH VALUES)

PRE-CORRECTION! - CHECK FOR UNDERSTANDING OFTEN

4:1 MAGIC RATIO

NEUTRAL, CALM TONES, CODE WORDS, AND CUES

DELIVER REQUEST AND THEN WALK AWAY - TIME AND SPACE

HONESTY, FRAMED IN SAFETY AND RESILIENCE, CAN SOOTHE ANXIETY

NOT DENYING CHILD'S REALITY

LISTENING & LEARNING ABOUT THEIR WORLD

# BEHAVIOR MANAGEMENT STRATEGIES CON'T

ADJUST DIFFICULTY - MEET THEM WHERE THEY ARE AND WORK UP FROM THERE

CLEAR EXPECTATIONS (1-3 "RULES"), AND A CLEAR SCHEDULE W/ BUILT IN BREAKS

OFFER CHOICE

LOOK FOR NATURAL OPPORTUNITIES TO ENGAGE IN LEARNING

INCORPORATE CHILD'S INTERESTS

ALTERNATE EASY AND HARDER TASKS (EASY FIRST CAN BE GOOD FOR BUILDING MOMENTUM)

PREFERRED ACTIVITIES AFTER WORK COMPLETION (E.G. YOUTUBE, VIDEO GAMES, CHATTING A FRIEND)

# TIPS FOR CAREGIVERS

SELF CARE DURING ANXIOUS AND UNCERTAIN TIMES

SELF COMPASSION AND FORGIVENESS

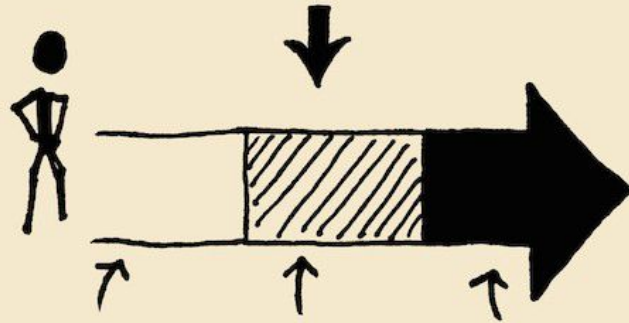
PIVOTING TOWARD WHAT MATTERS TO YOU AND YOUR CHILD

MAKING YOUR OWN ROUTINES, SCHEDULES, BREAKS

MODELING SELF-AWARENESS, SELF-ADVOCACY, AND SELF-REGULATION

# WE ALL NEED A LITTLE HELP SOMETIMES

## VISUALIZING THE ZONE OF PROXIMAL DEVELOPMENT



THINGS YOU CAN  
DO ALL ON  
YOUR OWN

THINGS YOU  
CAN DO WITH A  
BIT OF HELP

THINGS YOU CAN'T  
YET DO, NO MATTER  
HOW MUCH SUPPORT  
YOU GET