

Distance Learning: Coping with Big Emotions



Last week, we began a new way of learning at home. This new situation may cause some big emotions, such as frustration or anxiety, when you're working on your classwork at home. It's okay to feel frustrated or anxious. Here are some things you can do when you are feeling frustrated with your work at home:

1. Take a five minute break...
 - Go for a quick walk
 - Stretch or try a GoNoodle
 - Try a breathing exercise (rollercoaster breath, animal breaths, try a new one)
 - Have a drink of water and a snack
 - Get some fresh air outside
 - Find a comfortable spot to relax
 - Spend 5 minutes drawing or coloring
 - Spend 5 minutes reading or looking at a magazine
 - When you return, be ready to get right back to work*
2. Re-read or listen to the directions again to make sure you know what you have to do.
3. Watch the video of your lesson a second time (*lessons are recorded*).
4. Try a variety of learning strategies. Sometimes we get stuck on just one method. Be flexible!
5. If it seems like there is too much to do all at once, do a part of the work first and leave the rest for later on. For instance, if you are working on math problems, do the even numbered problems first and do the odd numbered problems after a short break.
6. Set a goal and reward for yourself. *Example: If I read 10 pages of my book, then I can play outside with my soccer ball.*
7. Block out distractions (use headphones, go to a quiet space, turn other electronics off).
8. Try a change in scenery- try working in a different location, on a different chair, etc.
9. Squeeze a fidget while you work (clay, playdough, putty).
10. Hug a stuffed animal or real animal for encouragement.

11. Use a highlighter to highlight the important parts of the directions.
12. Forgot how to do something you previously learned? Check your Google Classroom for resources or try Youtube for tutorials.
13. Use positive self-talk. *Examples: I can do this, It's okay if I make a mistake, I can stay calm, I am almost done, I can get this done, I might not be good at this now, but I will get better.*
14. Do the parts that you know how to do first. For instance, if you're working on math problems, answer the ones you know first then come back to the tricky ones.
15. Create a schedule for yourself and make a list of the things you need to do before you can have free time. As you finish each item, cross it out or put a check next to it.
16. Try using a timer. Set the timer for 10 minutes (or less for younger students). Work hard for 10 minutes, then take a quick break.
17. Focus on one activity at a time. If you're working on writing, don't worry about the math work that you have to do later.
18. Re-frame your thinking using a positive attitude. *Instead of thinking "I have to do all of this before I can play my video game," try "I just have to finish this one thing before I can play my video games and then I have the whole night off."*
19. Think about something positive. What are you going to do after your learning is done? What are you looking forward to this week?
20. With parent permission, call a friend if you're having a tough time. Maybe they can help you.
21. Ask a grown-up in your house for help.
22. Send a message to your teacher to help with directions.
23. Schedule "office hours" with your teacher and then can help you one-on-one.
24. Check in with how you're feeling on the Mood Meter. Remember, sometimes "naming it" helps to "tame it."
25. Before your learning begins, start your day off on the right foot by...
 - Get your wiggles out by doing something active (take a walk, try a GoNoodle, try an exercise that Mr. T-K taught you).
 - Try a calming activity, like Yoga or Meditation. Check online for some videos (Cosmic Kids on YouTube, Breathing Buddies, GoNoodle, *Calm* app).
 - Eating breakfast and getting a good night sleep
 - Having your workspace and materials ready to go

