How Can I Best Support My Child?

* If your child is having difficulty understanding a task, break down each part of the directions or questions. You can do this by defining unfamiliar words, including question and task words such as *why, how, identify, analyze, explain, cite, evidence, compare, evaluate, summarize*. Ultimately, these verbs tell the child what needs to be done.
* If your child is struggling with a math concept:
  + Ask what strategies have you tried?
  + Ask what do you think you could do?
  + Draw pictures
  + Define unfamiliar words
  + Ask a friend over the phone/video for support
  + Use Khan Academy to get a support lesson
* If your child is struggling with writing, have them use text-to-type or scribe for them to get their ideas started. Then ask them to edit the work using paragraphs, puncitation, spelling, transitions, evidence-based language, etc.
* If your child is in a funk (unmotivated), use these ideas to help him/her get started:

1. Feeling off?
2. What am I feeling?
3. Where do I feel it in my body?
4. If It could talk, what would it say?
5. What might this be teaching me?
6. What do I need right now?
7. What tiny step can I take to meet my need to complete the task?

* If your child is stuck, remind them about the importance of Growth Mindset.
  + Persevere - don’t give up
  + Take a breath - Dig in - Dig deep - say I CAN DO THIS - push through it
  + Visualize your brain getting a good workout  - Yes, your brain actually exercises!
  + Take a stretch break
  + Do some jumping jacks (JJ), take a jog, do some push ups or sit ups
  + Perform: I AM A STAR
    - Curl up in a squatting ball then explode with all limbs (like a JJ)
    - Yelling I AM A STAR over and over until you KNOW it and FEEL it :)
  + Try a different strategy - what else do you know about the problem?

*Where there is no struggle, there is no strength.*  - Oprah Winfrey