



Joe DiMaggio Children's Hospital | THERAPY SERVICES

Tips for a successful virtual learning environment:

To promote improved attention and focus during virtual schooling, try some of these suggestions with your child for better success during online schooling.

Set up the environment for success:

1. Act as if your child is going to in-person schooling
2. Have all items (backpack, homework, supplies, computer) organized and ready the night before
3. Limit the amount of clutter and distractions (visual and auditory distractions may limit your child's ability to focus)
4. Phones should be away from work station/desk
5. Use a visual schedule of all classes, lunch and recess



Modify your child's chair: ***When modifying the chair in which your child is sitting in, always remember to have your child positioned properly and in alignment! Hips, knees and ankles at 90 degrees with feet flat on the floor***

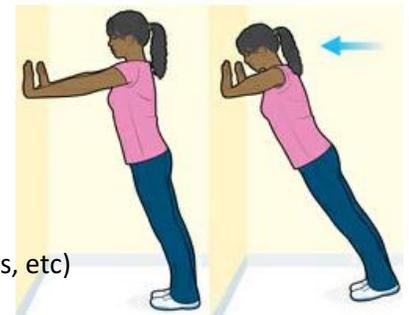
1. Sit on a therapy ball
2. Sit on chair with air cushion under his/her feet
3. Place air cushion on chair and have your child sit on the air cushion
4. Sit on a Bosu
5. Place therapy ball in a box and sit on therapy ball
6. Place bouncy bands/therapy band on legs of chair or desk
7. Sit on a pillow



Allow for movement breaks:

Movement breaks allow your child to get up, move around, get his/her blood circulating which will improve attention once he/she sits back down. Some ideas for movement breaks consist of the following:

1. Jumping jacks
2. Wheelbarrow walking
3. Wall push-ups
4. Jog in place
5. Animal walks
(crab walk, frog hop, bear walk, etc)
6. Eat a crunch or chewy healthy snack (dried fruit, frozen grapes, carrots, pretzels, etc)



Fidgets:

Fidget toys are tools that help improve your child's focus, attention, are calming and are not distracting. They promote movement with the hands the same way movement breaks promote movement of the entire body. Some ideas for fidget toys consist of the following:

1. Tangle toys
2. Stress balls
3. Sensory/textured toys
4. Porcupine balls
5. Textured pencil grips
6. Wikki Stix
7. Unbreakable bendy ruler
8. Fidget cube



After school activities:

1. Avoid activities with screens (social media, TV, watching a movie, games, etc)
2. Encourage your child to go outside and play
 - a. Ride a bike
 - b. Play with friends
 - c. Play on backyard play-set
 - d. Swim in the pool
 - e. Hopscotch with chalk
3. Assist with preparing an after school snack
4. Assist with preparing and cooking dinner
5. Prepare supplies for next day of school

