



## **Distance Learning Kit Instructions**

Your Distance Learning Kit was developed by Family Focus Resource Center and faculty from the Teaching, Learning and Counseling Center at CSUN. It contains the following:

- Student Nameplate
- Crayons
- Glue stick
- 2 whiteboards
- Dry erase markers
- Whiteboard eraser (with eyes)
- Tokens
- Sand timer (3 minutes)
- Squeeze ball
- Adult Coloring pages

### **Student Nameplate**

- Make a designated place for your student to do their learning
  - It can be a desk or any kind of table
  - Have paper, pencils and other supplies available
  - Write student's name on the nameplate and encourage them to decorate it

### **Whiteboards, Dry erase markers and Eraser**

- Use one whiteboard to create a daily schedule for your child
  - If your child is not a reader, you can use pictures (a book for reading), or 123 for math
  - If your child is a reader, you can write a schedule by topic
- The other whiteboard can be used for instruction. Here are a few ideas:
  - Use it to practice number or letter writing
  - Ask your child to draft their ideas, or brainstorm, on the whiteboard before writing on paper
  - You can provide sentence starters: writing out the beginning of a sentence your child will finish
  - If your child struggles with writing, let them dictate the first version to you while you wrote on the whiteboard. They can then use this as a model for writing and still capture their good ideas
  - Let your child be the teacher! Have them use the whiteboard to come up with quiz questions for you
  - Be sure to schedule fun things like BREAK, STRETCH, PLAY, SNACK and LUNCH



## **Distance Learning Kit Instructions**

### **Tokens**

- There are many kinds of immediate motivation we can offer such as praise or a treat, but often children can be motivated by earning their way toward a bigger reward, such as a favorite toy or a preferred activity
- Using tokens, let your child know what they can earn in advance of a lesson (1 token, 2 tokens) and what they must do exactly to earn them (complete three problems, finish reading 2 pages, etc.)
- Tokens should be exchanged in a systematic way. You might choose to do a token exchange at the end of each school day (appropriate for younger children) or the end of the school week (appropriate for older children)
- Incorporate choice in the prizes or activities that children can exchange tokens for

### **Sand Timer**

- Use the Sand Timer to provide structure for your child throughout the day
  - Using the timer is not intended to rush an activity. It is intended to provide structure
  - Begin with shorter durations for tasks, but “check-in” when time runs out to see if additional time is needed
  - If your child is taking a short break the timer can signal when to begin and when to end the activity – stretching, “getting out the wiggles” etc.
  - In preparation of transitioning to a new/different activity set the timer and provide a verbal cue: “When the sand is all gone, we will put away the crayons.”

### **Squeeze Ball**

- Use the squeeze ball to help your child pay attention or stay calm

### **Adult Coloring Pages**

- Adults need to take a break too! Try coloring while you are listening to your child in class, or while

We will have a video that demonstrates some ideas for using the Distance Learning Kit.

Check out webpage for more information: [www.csun.edu/family-focus-resource-center](http://www.csun.edu/family-focus-resource-center)