



Tips During Learning



Distance Learning

TIPS FOR STUDENTS

It's ok to be upset

Talk to Someone

Everything going on in the world can be upsetting. Talk to a parent, family member, teacher or school counselor.

Calming Tools

Breathe: Breathing helps you feel calmer. Take a deep breath, count to 3 and breathe out.

Physical Activity: Take a walk with a family member, kick a ball, ride a bike, do some exercises and stretch.

Eating - Be sure to eat breakfast before logging into class.

Study Area - Find an area that is free from distraction, has good lighting and gather your materials like a pencil, paper and headphones.

Participate - Be an active participant and learner.

Ask for Help - Let the teacher know right away if you need help, are confused, or need another explanation. They are there to help you.



**Riverside Prep
Elementary
(760) 245-9260**

Oro Grande School District

How to T.H.R.I.V.E. during Distance Learning

Take Breaks

Just like we took breaks at school, it is important to take breaks when we are learning from home.

Click [here](#) is a list of brain break ideas for you to try at home!

Identify a Good Space

Find a good spot at home where there are not a lot distractions, so you can stay focused on your learning during the day.

Have a Schedule

Do your best to follow your teacher's learning schedule. Don't forget to add some physical or creative time. Click [here](#) to personalize your schedule.

Visit Your Zoom Meetings

Attend any virtual learning meetings your teacher is hosting so you can learn and connect with your classmates.

Rely on Coping Skills

Distance Learning isn't always easy. Don't forget to use your coping skills when you need. Click [here](#) for a list of Coping Skills.

Everyone is Here for You

Reach out to your teacher or school counselor if you need any extra support.

Learning from home is not the same and it is normal to feel sad not to be in school with your teachers and friends. Your teachers are doing everything they can to keep you safe and working hard to make sure you are learning from home.

They need your help!

Here are some tips to help you learn as much as you can.

Did you know that our School Counselor Mrs. Rueda has a Google Classroom you can join that has helpful tools for YOU?

Click [here](#) to access the TK-2nd or join Google Classroom Code - h3rgsjm
Click [here](#) to access the 3rd-5th -or join Google Classroom Code - vrigmmp

If you would like to request to speak with Mrs. Rueda, click [here](#)

