

Setting Up A Workstation At Home

Where To Locate:

Your child should have an identified study space in the home. Let your child choose where to study. Guide them toward finding a central location, to avoid feeling isolated. Preferably, the space should be used solely for school work, and be free of visual and auditory distractions (including games, TV, radio, and other children).

Supplies:

- A good light
- A comfortable, sturdy chair
- Supplies like pencils, paper, ruler, and a clock
- Post-its (can be used to mark start and stop times on the clock, to annotate reading, to make notes to self)
- A supply caddy to organize supplies. A utility caddy or reused cans would work.



- A small file to hold blank paper, work in progress, completed work, reference materials (charts, etc.)



Screening Out Distractions:

You may want a privacy screen to help tune out distractions. A folding screen is easy to set up and put away. Tri-fold project boards work well.



A screen helps tune out distraction and also provides for some personalization of the space. Take a look at **“child mini office” on Pinterest** for ideas.

Setting Routines:

Routines about when and where work is done are very important. While the best time for completing school work differs for each student, it's important to establish it and make it a routine.

To Help Focus and Ease Work Load:

You may find “classroom management” a challenge with remote learning. A seat near the teacher is no longer relevant, but other things that work in the classroom may help you at home. Here are some ideas to extend your child’s stamina for school work:

- Fidgets - small items that can be held in one hand and are not bounced, rolled around, or used to cause more distraction - these are “tools, not toys”. (Amazon; see <https://www.thebalancesmb.com/best-fidget-toys-4157702>).
- A clock or timer to mark short break times to stretch, jump, etc.
- A chair band to keep feet busy. There are many kinds - including homemade from a bicycle tube. You could also put one on the desk or table where a child works.



- Desk charts and references - cursive letters, personal word wall words, multiplication facts, etc.
- If your child is distracted by too much information on a page or on the screen, block out the extraneous, print pages larger, enlarge the image on the screen.
- To accommodate reading needs, use audio books (talk to Noreen about Learning Ally) and an audio screen reader. (For additional tools see the “AT Toolbox” at techpotential.net.)