



**PHOENIX  
CHILDREN'S**

**COVID-19**

## A Guide for Parents at Home Learning

**Governor's Message:** <https://azgovernor.gov/governor/news/2020/03/governor-ducey-superintendent-hoffman-announce-extension-school-closures>

### Parent considerations During Distance Learning

- establishing routines and expectations
- defining a space for your child to work in
- monitoring communications from teachers
- beginning and ending each day with a check-in
- taking an active role in helping your children process their learning
- encouraging physical activity and/or exercise
- checking in with your child regularly to help them manage stress
- monitoring how much time your child is spending online
- keeping your children social, but set rules around their social media interactions.

### Parent Guides for Daily Instruction

- Check teacher communication (school website or teacher email)
- Check district websites for updates/resources
- Follow teacher guidelines
- Expect daily lessons for reading, math, science or social studies
- Total time on lessons can be anywhere between 1.5 - 2+ hours per day

### How to Keep Kids Learning When They're Stuck at Home

Tips and resources for setting up a daily homeschool schedule.

<https://www.commonsemmedia.org/blog/how-to-keep-kids-learning-when-theyre-stuck-at-home>

By [Sierra Filucci](#) 3/17/2020

Topics: [Digital Media and School](#), [Healthy Media Habits](#), [Learning with Technology](#)



As more schools shut down to stave off the spread of [the coronavirus](#), you might be wondering what the heck you're supposed to do with your kids home all day. If you're lucky, you can stay home with them—while juggling conference calls or paying bills at the same time. And if you can't, hopefully you can find help or set up a system to keep in touch with your kids throughout the day while they're home alone. .

### Quick tips

**Manage your expectations.** Your kids will not be learning at the same pace or breadth as a usual school day. Figure two to three hours a day to start. Don't stress too much about this.

**Make time for breaks and fun.** All of us are anxious as we manage this new reality, so take any opportunity to relax and laugh together. It will make the hard stuff easier.

**Set a schedule.** Get everyone on the same page so you don't have to nag. Routines can be comforting for everyone.

**Review schools' plans.** In some cases, schools will have a very specific education plan during closures. Use their instructions as a guide for setting up your schedule.

### MORNING

**Math.** About 30 minutes.

Watch a Khan Academy lesson and practice. If your math skills aren't what they used to be, visit [Khan Academy's FAQ](#) for tips on how to help your kid with math or get them started on self-directed learning. Here is their [Quick Start Guide](#) if you're ready to jump in.

Other math resources:

- [Wuzzit Trouble](#)
- [Math Snacks](#)
- [Marble Math](#)

- [DragonBox Algebra 12+](#)

**Reading.** 30-60 minutes.

If your kid has a book they're reading in English class, make some progress on that. If not, choose one for fun. If you can't leave the house, [Libby connects you to your local library](#). Punch in your library card number and you have access to a wide range of ebooks kids can access on their Kindle, tablet, or computer.

Other reading apps:

- [Marvel Hero Tales](#)
- [Weirdwood Manor](#)
- [Middle School Confidential](#)
- [Reading Rewards](#)
- [Epic! - Kids' Books and Videos](#)

**Physical education.** 30-60 minutes.

Ideally you can get outside and go for a walk or throw a ball around. But if you're stuck indoors, you can follow along to YouTube exercise videos, set up an obstacle course, do some yoga or stretching, or try jumping jacks.

[Just Dance 2020](#) helps tweens and teens work up a sweat while listening to favorite music (you'll need a game console to play it). It has some mature lyrics, so choose something different if that's a concern. More ideas:

- [RingFit Adventure](#)
- [Charity Miles](#)
- [Pokémon Go](#)

## MIDDAY

**Connect with friends.** 30-60 minutes.

Tweens and teens thrive on social connections, so make sure to keep these going even if you aren't allowing in-person time. If they're already on popular social platforms, this might be the time to re-negotiate any time limits so they can get their social fix virtually.

[Houseparty](#) is a [group video-chat tool](#) that, when used appropriately, can be a fun way for friends to connect and catch up. Other picks:

- [Airtime - Group Video Chat](#)
- [Marco Polo - Video Chat](#)
- [GroupMe](#)
- [MeWe Network](#)

## AFTERNOON

**Creative time.** 90-120 minutes.

Bring out the pens and paper! This can be a nice chunk of time off screens. Whatever your kid is into—piano, papier-mâché, playwriting—this is the perfect opportunity to let loose. Of course, there are lots of ways media and tech can support these interests if you choose.

[YouTube](#) has an endless amount of instructional content, including music lessons, DIY creators, painting (gotta love Bob Ross!), and more. Keep younger kids in family spaces so you can make sure they are finding quality content. More choices:

- [DIY.org - Creative Challenges](#)
- [CreativeLive](#)
- [Wizard School](#)
- [Lily - Playful Music Creation](#)

**Chores.** 15-30 minutes.

Every family has a different way of managing household responsibilities. But if you're finding this to be a particularly challenging time to get your kids to help out, you can try some apps that can help them stay organized and give some incentives.

[Brili Routines](#) is a task manager with a simple interface that works well for kids who need a little extra push to complete their daily tasks. Parents set up the tasks and then switch to the kid profile before turning it over. Kids earn rewards and learn to better manage their time. Other options:

- [Choiceworks Calendar](#)
- [Chore Pad](#)
- [RoosterMoney](#)

## EVENING

**Family time.** Hours and hours.

When kids are stressed, they're going to need even more chances to chill out, so this might be a time to relax rules about entertainment media. And while tweens and teens don't always tell you that they need your support, they do. Watching movies or playing games together can be an easy way to be together in a low-stress way. Here are some ideas:

**Jackbox Party Packs** are collections of games that groups can play using individual devices (phones, tablets, laptops). You can download the game via providers such as Apple TV, Amazon Fire TV, Comcast Xfinity X1, and the game network Steam—and then play it from the couch. You can even invite friends and family from afar to join the game while video-chatting. Also try:

- **Apps to play with family/friends near and far:** [Draw Something](#), [Trivia Crack](#), [Words with Friends](#)
- **Streaming movies:** [Netflix: Here are all the best movies streaming right now.](#)
- **TV to watch with all ages:** [Shows that are good for kids of different ages to watch together](#)
- **Games that use your tablet as a gameboard:** [Forbidden Desert](#), [Uno](#), and [Tsuru](#)

### How To Keep Kids Learning

<https://www.commonsemmedia.org/blog/how-to-keep-kids-learning-when-theyre-stuck-at-home>

Phoenix Public Library eCard: <https://docs.google.com/presentation/d/1a6dCOH5hQ5UI-Sd3tVfeFtiyF5Ai9Jtnlo3oA-TkMyU/edit#slide=id.p5>

### Online Learning Resources

<https://www.commonsemmedia.org/learning-with-technology/what-online-learning-resources-are-available-to-supplement-my-homeschooling>

<https://www.commonsemmedia.org/blog/free-online-events-activities-kids-at-home-coronavirus>

<http://www.amazingeducationalresources.com/>

<https://www.ixl.com/inspiration/family-learning>

### Free Educational Apps

<https://www.commonsemmedia.org/lists/free-educational-apps-games-and-websites>

### Internet Connection Offers

What if I don't have internet? What are my options?

**Xfinity (Comcast)** is offering new customers their [Internet Essentials](#) plan for free for the next two months.

**Spectrum** will offer households with students (K-12 and college) [free broadband internet](#) for 60 days with any plan up to 100 Mbps. For this free service, call **1-844-488-8395** to sign up. [Cox Information](#)