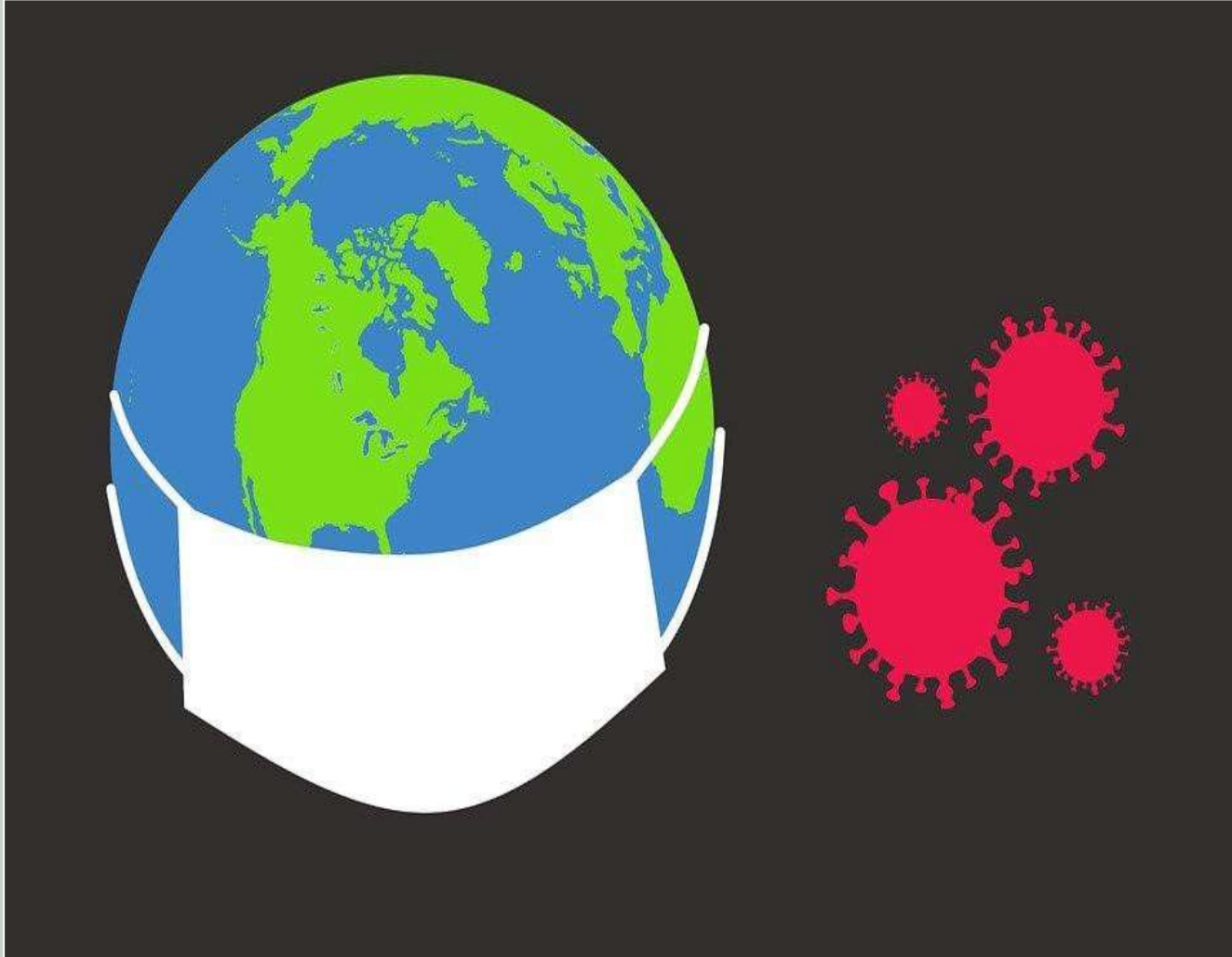


Learning At Home During COVID-19

A Social Narrative for Visual Learners

Created by: Celia Schloemer, MA, Amy Clawson &
Meg Stone-Heaberlin, PsyD
Developmental and Behavioral Pediatrics,
Ohio Family2Family & UCCEDD
Cincinnati Children's Hospital Medical Center



The new sickness
COVID-19, also
known as the
“coronavirus”, has
changed our lives.



Most importantly, it has changed how we do many things.



Because of COVID-19, school buildings closed in the spring. To keep everyone safe, we were asked to stay at home.



Children went to school *online or remotely*.

This means, they did not go to the school building. Instead, they met with their teachers and classmates with the help of a computer.





Right now schools are deciding whether to have in-school learning or to have students learn from home.



Some schools are giving families the choice.

Some kids might come to the school building to learn this year. Some kids might learn at home.



If your family is learning from home, you may be doing *remote* learning or *online* learning.



If you're doing *online* learning, you will be doing most of your work on the computer. You may or may not meet with a teacher or other students. An adult in your house will be your teacher.



Remote learning is a little different. That's when your school teacher meets with you on the computer while you are at home.

You will not go to the school building. You will practice your schoolwork at home instead.



With *remote* learning, you and your classmates meet at a certain time and learn together. You will get to see their faces and may even be able to say hi!

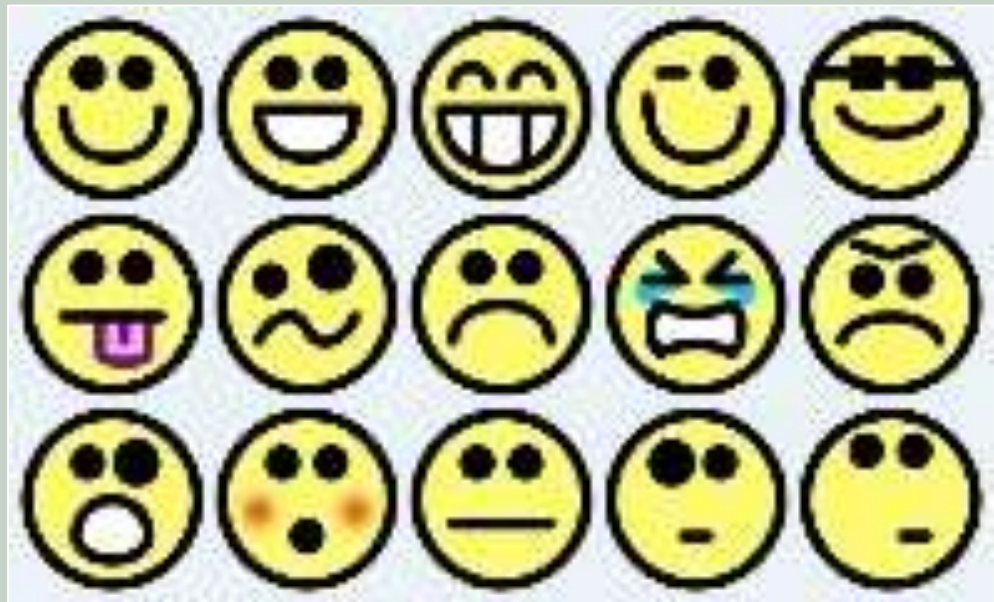


You may have other work to do on your own at home after you meet with your teacher on the computer.

Others in your house can help you do this work too!



Learning at home may feel different. But remember, you or a family member can still email your teacher with questions.



You might feel a little worried about how school will be different this year. Things seem uncertain and change a lot.



Remember,
everyone is feeling
that way.



It is good to share how you are feeling.

You can share how you are feeling with someone in your family, in your house, or with your teachers.





If you are learning at home, it will be helpful to keep track of your school work using a schedule or calendar.

School timetable

	1	2	3	4	5	6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

You may worry less when you know and can see your schedule.

Remember to schedule time for a break. Maybe you can take a walk, chat with a friend, or play a game.





You may want to set up a special workspace for when you are learning at home.



You may create a space to have a computer, your books, and other school supplies.



This should be a quiet place away from distractions, like the TV.



It can be hard learning at home. You may need to ask a family member for help instead of your teacher.

Change can be hard. Be patient with your family and focus on learning as much as you can.



It is very important that you listen to adults and family members who are trying to help you with school work while you are at home.



When you're learning at home, be sure to tell an adult:

- If you don't understand
- When you need extra help
- When you need a break
- When learning feels fun!



We must work hard to make changes like these.



The changes we make will help us stay safe at school and in the community.



Heroes help make changes!

When you make these changes, you can keep others safe and healthy. That means you can be a hero too!