

K-6 Parent Guidance for Distance Learning

Anchorage School District has created activities and resources for students in grades K-6 during school closure. These activities and resources do not

Suggested Daily Learning Schedule for Distance Learning:

K-2: Students in Kindergarten through 2nd grade should spend approximately 15 to 20 minutes in each subject: Reading, Writing, and Math. Ensure that time is permitted for opportunities for movement and brain breaks with chunks of instruction in 10 to 15 minutes increments. In addition, include 10 to 15 minutes per day for independent reading or family reading.

3-6: Students in 3rd through 6th grade should spend approximately 25 to 30 minutes in each subject: Reading, Writing, and Math. Ensure that time is permitted for opportunities for movement and brain breaks with chunks of instruction in 10 to 15 minutes increments. In addition, include 15 to 20 minutes per day for independent reading or family reading.

Supporting Your Child(ren) During Daily Learning:

- Set-up your child's learning space in an area as free of distractions as possible and provide access to supplies e.g.: pencils, pens, crayons, paper (lined and blank), books, worksheets, etc.
- Try to establish a daily routine and schedule for your child(ren). This includes a regular bedtime and wake-up time each day.
- Plan for breaks during learning. Encourage your child to spend breaks away from screens.
- Check-in with your child throughout the day. Start your child's day with a check-in to ensure they are clear about the plan for the day and end with a check-in to discuss what was learned.
- Support your child's independent learning as much as possible. Let your child(ren) work through the challenges of learning and solving problems. Productive struggle is essential to learning. Try to avoid quickly offering a solution, or doing the thinking for your student.
- Remain positive about how your child is approaching tasks and encourage them to try different strategies to solve problems when they are stuck.
- Keep