



Home learning suggestions for families who are sick or self-isolating

If you have chosen to keep your child home and provide a home based learning program, here are some resources to support you and provide learning opportunities for your child.

Structuring the day

Routines and structures help to support your child in knowing what is going to happen in the day. Talk to them about the routine and display it somewhere prominent. Try to keep each day similar particularly getting up and bedtime, meal times and break times. Also try to limit screen time to essential learning. Put devices away at least 1 hour before bedtime.

Set up a learning space

Create an area in the house for your child to be able to focus on learning, free from distractions with the necessary equipment et pencils, paper, books, water bottle, technology (if required)

Online Learning

The Department for Education has created a website with online resources.



<https://www.education.sa.gov.au/our-learning-sa>

Here is a suggested routine, you can adapt to fit your child’s needs.

Routine	Activities
Morning routine	<ul style="list-style-type: none"> • Make your bed • Eat a healthy breakfast • Get dressed • Clean teeth • Help with a household chore
Physical activity	Yoga, walk, trampoline, bike, scooter, play outside, ball games – get outside in the fresh air!
Reading	<ul style="list-style-type: none"> • Read a book with your child (regardless of age) • Talk to your child about the book/text eg For example: - I was surprised about the way the book ended? What do you think? - Challenge you child on specific words in the text? Find out what these words mean. - Go back and have a look at some of the pictures/ paragraphs – • Ask your child to read to you (reader/ book from home/ novel) – help them to read with expression •
Break	

Vocabulary	Choose words from the book you have read to focus on for the day. Help your child to find out what they mean? Are there other words that mean the same thing? Create a challenge to use the new words during the day. How many times can they use them correctly?
Physical activity	Yoga, walk, trampoline, bike, scooter, play outside, ball games – get outside in the fresh air!
Numeracy	<ul style="list-style-type: none"> • Everyday maths experiences For example: cooking, patterns, money, budgeting, telling the time, maps and timetables, shopping list • Practise times tables (Year 2-7) or basic addition and subtraction • Online learning – Prodigy (sign up its free)
Break	
Creative time	Drawing, painting, colouring, craft, making, performing, singing, dancing, imaginative play, story writing
Break	
Community	<ul style="list-style-type: none"> • Help family with chores • Life skills For example: cooking, sewing, gardening, recycling • Write a letter to a family member in Aged Care who may be feeling lonely
Social skills	<ul style="list-style-type: none"> • Activities with siblings/ carers/ parents that focus on building social skills such as resilience, teamwork, communication, cooperation, listening, respect For example: board games, cards, building something, constructing something, puzzles
Reflection	Keep a written or video diary of what your day was like, what you are feeling, your frustrations, your challenges, and your successes. You are part of history!
Evening routine	Dinner as a family (eat together, set the table, talk to each other) Bath time/ shower Bedtime

Use this time to spend quality time as a family, connect and do things together!