

Virtual Learning

Tips to Keep Kids Focused

As the school year progresses, families are still navigating the hurdles of virtual and blended learning. While some kids may be thriving, others may find it hard to stay focused. Here are some tips you can share with students to help them adapt to learning from home and boost their academic success.

Establish a routine and expectations.

We all know how much students benefit from a solid routine in the classroom. The same is true for online learning. If your child is experiencing a decrease in productivity and creativity, establishing a routine can help. Plan a daily schedule that establishes regular learning and break times.

Help kids own their learning.

Change can be especially difficult for children. It's important for them to feel a sense of control while adjusting to their new routine. Including them in the planning and decision-making process can help. Allow them to select and create a designated quiet learning space.

Encourage physical activity.

Without the daily commute to school, gym class and recess with friends, kids are less active than usual during the day. This can adversely affect their mood and focus. Set aside a time each day for an outdoor activity with your child like walking or biking.



Stay connected and in touch.

Talk openly about feelings with your little ones. Your child may be facing new challenges or feeling a sense of loneliness studying from home. These emotions can impact their mood and performance. If you notice this happening, don't be afraid to reach out to your school counselors or teachers. Find creative ways for your child to safely connect with friends from home, such as video playdates or online games.

Get more helpful tips at
BackToSchoolResourceHub.com.


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