Coffee Chat - Supporting Students and Embracing the New Normal in At-Home Learning - Key Takeaways

How are you staying sane?
- What are the things that are keeping you afloat?
- How have you adjusted to your new work-life balance?
- Are you staying active? How?
- What daily routine has changed the most?

Understanding your child and their workload
- What has changed most in their lives?
- How have you supported their need to be connected to others?
- What has worked to support them in their new situation?
- What would you ask/tell your child’s teacher if you had the chance?

Keeping Active
- Online Workouts
- GoNoodle
- Cosmic Kids
- YMCA 360
- Hip Hop Public Health
- Dance!
- Kidz Bop
- Just Dance
- Get Creative:
  - Build an obstacle course
  - Create a sport/game
  - Do chores around the house
  - Make a TikTok video

Connect with others
- Use the phone and actually call someone (no texting or snapchat)
- Write a handwritten letter to a friend, neighbor, family member, etc.
- FaceTime, Google Hangouts, Zoom
- Virtual escape rooms
- If you are healthy, how can you help the less fortunate?
- Grocery shop for the elderly
- Yard work
- Create gift bags or supply bags

**Family Activities**
- Board games
- Picnic in the yard/living room
- Trivia nights
- Arts and crafts
- Family movie night
- Plan a vacation (for when this is over)
- Create a scavenger hunt
- Murder mystery (for older kids)
- STEM activities
- Cook / bake

**We’re in this together**
- Create structure and build routines
- Be open and communicate
- Remember, this is new and stressful for everyone
- Enjoy this time together, cherish it.