School Closure Toolkit: Families

This toolkit provides a number of resources that can be used to support at-home learning during periods of closure.

- Considerations for learning activities that are based upon content and skills COVID-19 Parent Checklist
- Log on to your school website regularly for updates and information on scheduling, instruction, and other opportunities
- Connect to www.schoolmealfinder.com website for information on meal services
- Contact school and/or district office to learn how critical information will be delivered (radio, public television, email, robocall, text, website, U.S. mail)
- Carefully read all communication that comes home.
- Create a home work station and schedule.

1 CO-CREATE

Creating a daily schedule together creates buy-in from your child.

2 CONSISTENCY

Having a consistent routine for Monday through Friday can support student learning and focus.

3 RESOURCES

Resources that are available for use at-home to support student learning.

Home Resources
Provides resources for learning structures at home.

FREE MEALS!!!
Schoolmealfinder.com

Student Work
Guidance and ideas for assigning and grading student work online and in paper.

Checklist

Below is a brief checklist that families can consider during periods of closure.

Instructional Planning Checklist

☐ ***Identify resources***

Identify resources to support your and your children's wellbeing during this time. These may include:

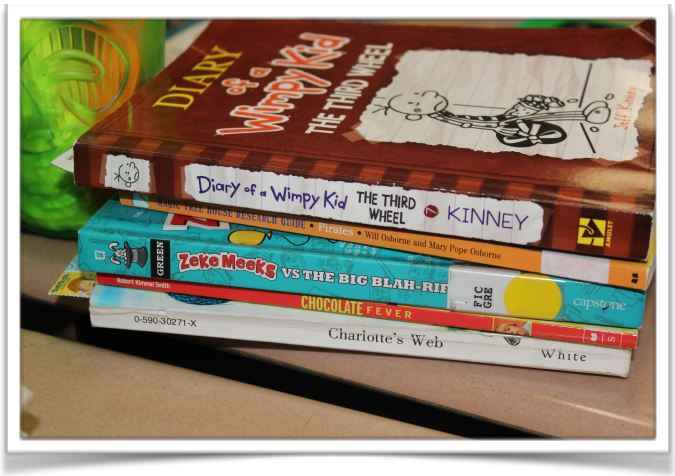
- Health, wellbeing, and nutrition
  - TN Department of Health here
  - Second Harvest Food Bank here
  - US Department of Veteran Affairs Manage Stress Workbook here
- School district websites and social media (for example, Hamilton County Schools' Continued Learning webpage)
- Local public library resources
- Companies that are offering free internet (see *Resources* section, below)
- Learning resources (see the *Resources* section below for learning opportunities organized by grade level and subject area)
- Consider the needs of children with disabilities (please see the Special Populations toolkit for more guidance)

☐ ***Talk to kids about COVID-19***

COVID-19 has created immense stress for many, and children are especially vulnerable to anxiety, or even trauma, during this time. See the *Best Practices* section below for tips and resources for talking to children about the Coronavirus.

☐ ***Create a schedule***

Many children benefit from having a regular schedule of some sort during periods of school closure. As this will look different for every family, the *Recommended Schedules and Procedures* section of this toolkit (see below) includes several sample schedules to fit various needs and preferences.



Best Practices

Below are some recommendations for supporting children's wellbeing and learning at home.

Self-Regulation
Helping children with their self-regulation—the ability to manage their behavior and emotions—is critical to their learning. During times of school closure, however, disruptions in children's schedule can lead to behavior problems, difficulty regulating attention or emotions, and stress. Strategies to encourage self-regulation can lessen these challenges. They include:

- A predictable schedule and routine (see *Recommended Schedules and Procedures* section, below). For example, plan for learning activities to occur at around the same time every day
- Proper rest (including a consistent bedtime) and nutrition
- Practicing strategies for calming down after something exciting or upsetting
- Use resources like PBS—Strategies for teaching kids self-regulation, here

Wellbeing and Mental Health
Like self-regulation, overall health and wellbeing are essential foundations for children's learning. Recommendations include:
- Finding ways to take care of yourself
- Talking to children about Coronavirus in age-appropriate ways
  - See resources from the CDC, PBS, National Association of School Psychologists (NASP), and the Fred Rogers Center
- Make a list of things they CAN do, such as take walks outside, play board games, complete a science experiment, or cook something together
- Helping them think through and manage stress
  - *For young children*: Know that while events like COVID-19 may be seen as unprecedented and temporary for some adults, they can be traumatic for children. Encourage children to share their feelings. Let them know their classmates and teachers are ok.
  - *For older children*: See the U.S. Department of Veteran's Affairs' Manage Stress Workbook to help older children (grades 6–12) think through how they can cope with stress, here

Learning
Whether you are working from home, caring for your children around the clock, or supporting children with special needs, the Coronavirus outbreak has been an overwhelming time. Do not feel that you have to have the "perfect" instructional plan in place for your child! Here are some tips to make learning at home manageable:
- ***Give yourself flexibility***. While some sort of structure and routine is recommended, determine what type of schedule will work best for you and your family's needs. See the *Recommended Schedules and Procedures* section below for ideas.
- ***Focus what you have mastered***: If your child is engaged in learning tasks or homework that you are unsure how to complete, seek assistance from your school if help is available. In general, focus on learning tasks you have mastered and help your child in those areas.

Recommended Schedules and Procedures

Families are encouraged to find what works best for their situation. For some, that may be a very detailed schedule to keep their students on a routine that is similar to school. For parents suddenly working from home while also working with their children, a more flexible routine may be more realistic.

Below are two examples to help you choose practical and sustainable solutions for your family.

Khan Academy Sample Schedules: Schedules are broken down by ages/grades, here.

Time	Activity	Options/Ideas	Completed (✓)
8:00 – 9:00am	Reading and Writing	Choose any book and read for 30m and then respond by writing in a journal, free write, writing a letter, or picking your own a writing prompt	
9:00-10:00am	Free Play!	It's important to integrate free play and activity throughout the day to keep children invested.	
10:00-10:30am	Math	Complete math activities (with guided support, if possible)	
10:30 – 11:15am	PE	Take a break with outdoor activity or GoNoodle for indoor exercise options	
11:15 – 12:00pm	Math	Find a math website and/or play math games independently	
12:00-12:30pm	Lunch	www.schoolmealfinder.com	
12:30-1:30pm	Art	Draw, color, paint, build (playdoh, Legos, blocks)	
1:30-2:00pm	Reading	Read or listen to a book and write/draw your reflection	
2:00 – 3:00pm	Science	Do an experiment together, watch an educational show, or do one of the activities listed in the resource section below	
2:30-3:30pm	Fresh Air/Free Play and Social Studies	Pick an activity outside that makes you happy and follow-up with social studies writing	
3:30-4:30pm	Passion Project (optional)	What are you interested in? Research the topic. Teach others (poster, google slide, video)	

Resource List

Base Materials for Core Content

Resource	Content Area and Grade	Description
Benchmark	TBD	Contacted. Waiting for publisher response.
Bookworms	ELA, K-5	This curriculum was reviewed for Tennessee's 2019 adoption but was not selected. Since that time, the publisher has revamped options, and districts may find some valuable resources for planning home-based learning experiences for literacy.
Cengage	TBD	Contacted. Waiting for publisher response.
Core Knowledge Language Arts	ELA, K-8	**Supplemental ELA Resource: Amplify Reading K-5** Free, digital, adaptive resource to help all students continue their literacy development in any remote learning environment for the remainder of this school year. Register here: https://amplify.com/remotelearning/reading/ **Amplify 6-8 Core Curriculum: Amplify ELA** Free, downloadable versions of all print resources for current ELA users. Access to these resources is at www.amplify.com/remotelearning Beginning next week, material will be released to all Tennessee teachers, including non-Amplify users, to help them navigate remote learning with their middle school students. This will include novel studies and units customized for independent learning. Various activities and scaffolding will be provided throughout to support comprehension.
EL Education	ELA, K-5	Open source materials for knowledge-building and foundational literacy skills. Both teacher and student materials include digital and print options. Materials are available for any district to use but require a free account to access.
Eureka	Math, K-Precalculus	Flexible digital curriculum that can also be printed and used as "at-home learning" for daily lessons. This free resource is available through the extended school closure.
Fishtank	ELA, math, science, social studies, K-12	These ELA, math, science, and social studies resources provide educators with a fully-functioning online curriculum. Materials are available for any district to use but require a free account to access. Trade books must be purchased separately.
Guidebooks	ELA, 3-12	Open source materials focused on knowledge-building. Trade books must be purchased separately.
iCEV Remote Learning	CCTE	Multiple CCTE curricula in a digital platform. Curricula includes fully functioning digital platforms for teachers to design online learning courses from tradition CTE courses.
McGraw Hill	TBD	Contacted. Waiting for publisher response.
OpenSciEd	Science, 6-8	Only select units are available at this time. Additional units are under development. Units can be downloaded as printable PDFs and are also available in print from the company's print vendor.

Pearson	TBD	Contacted. Waiting for publisher response.
Scholastic Learn at Home	All	Twenty-day, open source materials for knowledge-building and foundational literacy skills. Both teacher and student materials include digital and print options. Materials are available through April 20th. Username: Learning20 Password: Clifford **BookFlix (PreK-3):** https://digital.scholastic.com/site/launch/bkflix?ucn=642726498 (links lead to login—see below for credentials) **TrueFlix (Grades 3+):** https://digital.scholastic.com/site/launch/tfx?ucn=642726498 **ScienceFlix (Grades 5+):** https://digital.scholastic.com/site/launch/sfx?ucn=642726498 **Watch & Learn Library (PreK-3):** https://digital.scholastic.com/site/launch/watchandlearn?ucn=642726498
TN Digital	All	An online repository of all of the State of Tennessee's open access learning materials. TN Digital is working with all approved TN publishers to supply teachers, students, parents, and administrators with easy access to learning materials, which includes everything from lesson plans to worksheets, and from educational videos to assessments. TN Digital is owned and operated by Tennessee Book Company through their digital arm, Thrivist. Full access is available through via the link posted in the resource column and can search for lessons, publishers, and videos. More information about this resource can be found at: https://www.tndigital.org/faq.
Zearn	Math, K-5	This fully digital curriculum with internal progress monitoring for teachers is available at no cost during current school closures. Access requires a district, school, or individual account. Printable homework aligned to each module is available with teacher accounts. Zearn is also offering distance learning training for districts and teachers. See more here.

Learning and Engagement Opportunities

Source	Content Area (s)	Description
Discovery Education	Science, math, social studies	An online collection of resources that is free to affected schools and districts through the end of the school year.
EVERFI	Financial literacy, social and emotional learning, health and wellness	This digital resource provides standalone, digital lessons on various topics.
HippoCampus	All	This free resource provides thousands of standards-aligned videos to reinforce students' learning of past instructional concepts.

Illustrative Mathematics	Math, K-12	This digitally-based resource provides teachers with student tasks and other content (note that IM has also developed a comprehensive curriculum, which is available through Open Up Resources). The full curriculum resource may not be fully aligned to TN standards and is therefore purposefully not listed in that section.
i-Ready.com/AtHome	Reading and math, K-8	This library of K-8 p*rintable* at-home activity packs is designed to reinforce key concepts and provide students with valuable self-directed exercises and practice during extended absences from school. The at-home activity packs are of high quality and aligned to academic standards.
Khan Academy	Math, science, engineering, art, world history	This website provides extensive, video-based tutorials to reinforce concept-based learning (though student tasks and instructional delivery are limited).
PHET	Science, math	This website provides engaging science activities using simulations. Thea activities are designed for students and families to engage in collaboratively.

Practice and Reinforcement Activities

Resource	Content	Description
Dreambox	Math	Free 90-day trial temporarily available for families that provides online and iPad-based adaptive mathematics games. Games reinforce conceptual development of math standards. This program is online as opposed to print focused.
Edmentum	Math, science, ELA	Printable games and worksheets with practice activities that can be used with a packet-based or e-learning approach and aligned to past classroom instruction.
Free Math	Math	Allows teachers to build online classrooms, assign activities, and grade assignments through a digital platform.
IXL	Math, ELA, science, social studies	Activities and quizzes; site offers 30-day free trials for educators.
Quizlet	Various	Study aid with online flashcards, quizzes, and more.

Printable Resources

Resource	Content	Description
ABCMouse	Reading, math, science, art	Online and printable resources focus on early learning (ages 2-8). Sign-in is required, but materials are free for the first 30 days.
Curriculum Associates	Reading, math	Printable activity packs address reading and math in grades K-8; the site also offers accompanying teacher guides, also printable, for math.
Edmentum	Various	Printable, grade-specific bundles of worksheets designed to be sent home with students.
Education.com	Various	Free, printable worksheets organized by grade level and subject. Pages are easily downloaded once a free account has been made.

K-5 Learning	ELA, math	This site offers an array of printable worksheets for grades K-5.
New Path Learning	ELA, math, science, social studies, ESL, Spanish	With this resource, make sure to elect Tennessee state standards in the link. Some worksheets and study guides are available for free, though others are accessible only with a paid membership.

Fine Arts Engagement Activities

Resource	Description
12 Museums with Online Virtual Tours	This article links to museums around the world offering virtual tours and online exhibits (best accessed digitally).
Art of Education	This suite of digital, teacher-facing resources includes a repository of online activities and more.
Davis Art	Through June 30, teachers have open access to a library of 25,000 fine art images as well as full use of student books and teacher editions. Most resources are best viewed online.
Metropolitan Museum of Art "MetKids"	The Met provides interactive maps, videos, and more digital content designed especially for kids ages 7-12.
Quaver Music	This site is offering free access to general music activities, most best accessed digitally, for all schools and students impacted by Covid-19.
Sight-Reading Factory	Exercises, designed to be viewed on electronic devices, support sight reading practice for musicians.
SmartMusic	This site offers free access through June 30 to a suite of web-based music education tools.

Additional Content

Supports for Students with Disabilities

States, districts and schools must ensure that, to the greatest extent possible, each student with a disability can be provided the special education and related services identified in the student's IEP developed under IDEA, or a plan developed under Section 504.

General Considerations

Strategies like adding a daily schedule, routine, or structure that encourages students to maintain, practice, or learn new skills are critical. Parents should consider:

- establishing routines in the home learning environment to help keep students in the mindset of learning;
- providing skills practice ideas that can be embedded within everyday routines; parents may not be trained special education providers, but they can support communication, motor, literacy skills with some encouragement and resources to practice at home;
- recommending structured activities that promote communication and interaction but do not require online access, such as games; shared or independent reading; daily living routines, such as cooking, pet care, and other home responsibilities; outside activities to explore nature, etc.; and
- researching lists of online libraries or audio book sites that are at no cost.

IEPs – Guidance, Requirements, and Timelines

Context for services in instances of closure

If a district has extended school closures, the district will remain responsible for the free appropriate public education (FAPE) of its students eligible for special education services with an individualized education program (IEP). Districts should be communicating with parents and guardians prior to, during, and after a school closure regarding their child's IEP services. After an extended closure, districts are responsible for reviewing how the closure impacted the delivery of special education and related services to students eligible for special education services. Please note, if a school closure causes educational services for all students to pause within a school or district, then the school/district is generally not required to provide services to the affected students eligible for special education services during that same period of time.

Guidance from the Office of Special Education Programs (OSEP) was recently published on requirements on providing students with disabilities services (including compensatory services) and developing contingency plans or updating IEPs in a time of crisis. The TDOE has issued separate guidance on meeting timelines and deadlines during this crisis, including initial evaluation and re-evaluation timelines (see table).

Alternative and Augmentative Communication (AAC) and Complex Communication

All students communicate; it just may not be through speaking. Support student's **communications** using objects (offer a selection of objects for making choices; use objects to represent a task/routine), print pictures symbols, photographs and/or Core Vocabulary to support communication *with* the child. Visual schedules are wonderful devices for establishing routines and preparing kids for upcoming events or activities; however, schedules are not a mode of personal expression. Provide opportunities for students to comment, ask questions, and engage in shared activities.

- 11 Ways to Communicate with Children with Special Needs
- AAC Supports for Families at Home
- Boardmaker
- PBIS
- Apps for Children with Autism
- TennesseeTalks

Resources for Speech, Language, or Motor Needs:

- Home Speech Home
- Activities to Encourage Language
- Early Learning Tips for Language Development
- Speechtx
- Hands on as We Grow
- Understood.org
- MommySpeechTherapy
- Kizclub

Additional Considerations - Home Care Responsibilities

Assigning chores may be challenging for some parents and care givers, especially if chore responsibility has not been the norm in the home. It is important to remember to model the expectation of the chore and provide guidance while the student learns the new skill(s).

Household chores teach responsibility and help promote becoming a healthy and clean citizen of a community. These skills are preparing them to be independent. For younger students, the idea of using a visual to keep track of chores can be very helpful since their reading skills may not be fully developed. Visuals are also very helpful for students who are English learners. Below is an example of a pet daily chore checklist.

Tasks	M	T	W	TH	F

Here are some resources to help plan and assign chores appropriate for various age levels.

- Household Chores for Children
- A Chore List for Older Kids and Teens
- 11 Great Chores for Teens
- Household Chores: Kids Learning English Videos

Reminders for Parents

- **Have fun.** Laughter is good for the mind and body. If the work or schedule has become stressful, give yourself permission to put the schedule aside and do something that everyone can enjoy.
- Reach out to the school. If there are suggested assignments provided by the school, contact the school for guidance or support in how to adapt or assist the student successfully.
- Schedule time for your child(ren) to work independently on an activity they can do safely. Parents need time to recover and rest as well. While they may need to be present, it is important for them to be able to rest their mind or body.
- Physical activity can help balance emotional state as well and physical health. The physical activity can be structured such as following an online or video exercise routine or as simple as turning on music and dancing.
- Try to maintain bedtimes and morning routines. It is tempting to allow students to stay awake a little later, but you will be happier and healthier if you can maintain these routines.
- Give yourself permission and grace. As a parent you have so many decisions to make every day. Give yourself the permission to step back, change course, or move forward as you need. But also, remember that this is a difficult situation, and no one will be “perfect.”