

Secrets to successful learning

After years of teaching, there are some little tips and tricks we have picked up to help us and students be successful. You don't have to use them, but they have definitely helped us out throughout the years!

- **Don't make your child work for an hour straight.** In the classroom, we are constantly engaged in rich discussions, we move around the room, we talk to each other, we solve problems together, we have movement breaks and we end up only actually working for 20-30 minutes. So, while you are at home, it's important to have movement breaks! We would suggest asking your child to work for 15-20 minutes and then having a 10 minute break away from work to get their body moving, to have a snack or go outside.
- **Break a task down** into smaller tasks. If we were in the classroom, we would break a task down if we felt like a child needed it. It might be simplifying a task or crossing out the additional information and just highlighting the most important part of the activity. This might mean that in a task with 4 parts, your child only completes 1 of the tasks, but they complete it successfully!
- **Setting a timer** is a great way to show kids that they are only working for a set amount of time, and they aren't expected to work for hours on end. Teachers will often use a timer to show the students how much time they have to work on a task until it's over. Having an endpoint can take away some of the stress a child may be experiencing.

Here are the best tips/tricks teachers at BNWPS have used in the past. These are tips/tricks they've used in the classroom but they can be modified to work at home as well!

- ★ Smiling mind can be a great way to refocus after working on a task for 20 minutes. Teachers will often play these after recess or lunch to get the students back into work mode. <https://www.smilingmind.com.au/>
- ★ GoNoodle has some great short dance activities that you can use for a movement break! Koo Koo Kanga Roo 'Milkshake' is a BNW favourite! <https://www.youtube.com/user/GoNoodleGames>
- ★ Change where you're sitting! In the classroom we are always moving around to sit in different seats. This is usually to encourage discussion but

you can try this at home. If you're feeling a bit stuck, change where you're working; a new environment might be just what you need!

- ★ If your child isn't in the mood, it is okay to leave a task and come back to it later on. Having a break and starting again later can help refocus your mind