

HiCap Community Conversations

Supporting Each Other During Distance Learning

Resources List_Nov 2020

www.nwgca.org

What tools or strategies does your family use to manage the school day?

- Classroomscreen.com - used by teachers in the classroom on smartscreen, but could be used by student/family to keep organized with time management tools
- Kanban board - write each item to do as a distinct task, move from "to do," "doing," and "done;" makes work visible; one key is to limit work in progress
- Use smart speaker to set timers for online meetings (set for 5 min ahead of time)
- Create an hour-by-hour schedule/plan; breakdown what the teacher provides into more detailed schedule
- Write the daily schedule on a white board that kiddo checks off as he completes assignments
- Large physical timer, sand timer, [time timer](#) - things that show the passage of time and how much time is remaining
- Print and post schedule in kid's work area
- Weekly family meeting
- Command Center wall for the family
- Watch with an alarm
- Double checking all Google Classroom Assignments daily (due and missing)
- Large 7.5 inch visual timer. One for each child.
- Every Friday going over homework assignments and grades and where child is at and came from
- School planner/notebook
- Weekly Plan Sheet
- Daily Schedule w/ checklist of assignments / things to work on
- Stacking the tools/books that are needed in order according to the daily schedule & celebrate each finished task
- Keeping the 'school room' or desk area clean and organized
- "Special" things like everyday at 1:30 is read to self but in the bath with bath bombs
- Organize their desk for them (they may lack the executive functioning needed to maintain it in the way they want it)
- Take a break away from the computer every half hour when she's working on her assignments

Tools for Self -regulation

- <https://www.calm.com/>
- [Balance ball seat](#) or [Wobble stool](#)
- Fidgets in work area
- [Fidget ring](#)
- Rectangle/box breathing
- <https://www.downdogapp.com/>
- 10 pound weighted ball to lift helps to center child
- [Indoor swing](#)
- Punching bag in the garage
- Big trampoline + basketball hoop

How do you keep your child motivated?

- Talk with kids about "eating the frog 1st" (the task you don't want to do), alternate between tasks that are more enjoyable and not as enjoyable and independent and coached tasks
- Discuss their future with them
- Teach them what scaffolding is and support them with it
- Use an executive functioning coach
- Let your child lead their own project that they want to do and allow them to spend a good amount of time so then they do other things better.
- Break down the schedule for them into smaller segments. Have them create an hour-by-hour plan; take on one assignment per hour.
- Take more breaks than teacher has built in
- Come back to things when child is ready
- Communicate with the teacher
- Sugar free gum and mints helps to bring back the concentration
- Support them with executive functioning skills
- Check out resources at sethperler.com and davincilearning.org
- You're stuck with this assignment? Go do a different assignment that you can do first.
- Help them prioritize what's best for them, when possible.

How do you manage [increased] screen time?

- Emphasize *balance* between screen and non-screen activities
- Get out of the house for bike rides every weekend. Rain or shine!
- Don't consider school-screens as part of daily "screen time".. use screens as incentive after school and homework is done.
- Don't focus on amount of screentime
- Relax on fun screen time so they can have some social interaction outside of the family.
- Ask kids to physically walk away from the computer during school breaks instead of immediately switching to YouTube etc.
- [Blue light filter glasses](#)

What tools allow kids to work together online?

- whiteboard.chat
- <https://bookcreator.com/>
- Play board games online
 - <https://en.boardgamearena.com/>
 - <http://www.vassalengine.org/>
 - <https://www.yucata.de/en>
 - <https://tabletopia.com/>
 - <https://www.juliehankes.com/virtual-game-night-creativity-in-covid-19>
 - <https://www.deseret.com/entertainment/2020/5/6/21248243/sherlock-holmes-wordsy-codenames-zoom-board-games>
 - Houseparty app (apple, android) has a version of apples to apples built in called chips and guac. You can have up to 8 people on video.

- Board games that can be adapted for online use
 - Would you rather
 - Ubongo (if both people have it)
 - Story cubes
 - Boggle
 - Scattergories
 - 20 questions
 - I'm Going on a Picnic
- <https://quickdraw.withgoogle.com/>
- <https://toytheater.com/>
- [Jackbox](#) games (be sure to turn on the family friendly mode)
- Minecraft with friends
 - Play with friends on their own server (pays for it using allowance)
- Dungeons & Dragons with friends
- <https://www.trickstercards.com/>
- <https://drawphone.tannerkrewson.com/> (like the game Telephone only with pictures)
- [Among Us](#)
 - With friends only, not the general public
 - Have them talk regularly with you about what's going on there
- Create comic books
 - <https://www.pixton.com/>
 - [Makebeliefscomix.com](https://www.makebeliefscomix.com/)

What enrichment programs have you found for your hicap/gifted kids outside of school?

- <https://athenasacademy.com/>
- [Onlineg3.com](https://onlineg3.com/)
- University of Washington's philosophy for kids
- [Bright & Quirky's Catalyst program](#)
- <https://pfmathcircle.org/>
- <https://forum.ghflearners.org/>
- [Outschool.com](https://outschool.com/)
 - stock investing for kids
 - Some instructors say they have experience with gifted/2e kids
- Hugo House youth programs for creative writing, poetry, etc
<https://hugohouse.org/teen/teen-program-overview/>
- slooh.com - use telescopes around the world and learn more about space
- Robinson Center at UW is offering online classes
<https://robinsoncenter.uw.edu/programs/saturday-program/>
- <https://www.philosophyforchildren.org/>
- Renzulli for online field trips
- <https://www.sct.org/current-offerings/>
- <https://www.philosophyforchildren.org/>
- <https://www.musiccenternw.org/>
- [Johns Hopkins Center for Talented Youth](#) online programs
- Musical theater online classes
<https://themiracleproject.org/programs/>

- [Broadway Bound](#) has online rehearsals for online performances
- [Khan Academy](#)
- [NASA Kids Club](#)
- <https://www.synthesisschool.com/>
- [Art of Inquiry](#)
- <https://ed.ted.com/>
- Duolingo is pretty good for French and Japanese. Lackluster for Chinese and Korean.
- How to Remember Anything Forever-ish
<https://ncase.me/remember/>
- Alliance Française de Seattle
<https://www.afseattle.org/learn-french/online-courses/>
- Capoeira classes online for kids at [Bahia in Motion](#)
- Classroom music education with rock and roll/pop flair
<https://redmond.b2rmusic.com/>
- <https://www.coursera.org/>

What are the ways in which you can support your kids emotionally through the pandemic and distance/hybrid schooling?

- Take care of your own well-being before you can be effective for your kids. No negotiating on this one.
- Highlight the positive aspects of online learning. More time for self-directed projects. More sleep, sleeping in later.
- Lots more read-aloud time with kids
- Be intentional with alone time with the child.
- Allow them to use more hands on art materials (Surprisingly my son's color choice and drawing pattern changes based on his emotion.)
- Focusing on happiness rather than education and focusing on passion projects, cooking, STEM at home, etc.
- Have grandparents/other family members read aloud to kids by Zoom, kids can read to them, too!
- Emotional support play date with other kids to play outside. When it's colder, meet at a mall and do a scavenger hunt.
- Eating when they are hungry
- Going outside to move more often or when needed
- Remind yourself and your kid that it's okay he gets behind. They're kids, and self-management is a tool they will have to work on, and it's a tool some (probably most) adults still don't have.
- More snuggles
- Geography/history/cultural circle with a "bubble" family. Pick a country, then everyone finds 1-3 interesting things about the country then share in the circle. Eat dishes from the country. Have done China, Malaysia and Korea. Next country: Australia.
- Focus on making "COVID memories" - trying to find the joy and fun that we wouldn't have without COVID.
- Support the mom in finding a meaningful friend connection.
<https://docs.google.com/forms/d/e/1FAIpQLSc9yglEQbGsbB8VR34NjxX0sNMhxybty8KvQoOo71WBfknUQ/viewform>

- Cook together once per week as bonding time. Just being together with a task is helpful for kids to share random stuff with you. Pick the same day every week and the kid(s) pick the menu.
- Family dress-up days (sports shirts, Star Wars, etc)
- Family game nights
 - Pyramid
 - Subnautica
 - LuminoCity
- Connect with family you wouldn't normally connect with on a regular basis.
- Counseling/therapy - many offered online currently
<http://www.nwgc.org/counselors--therapists.html>
- Lots of family/board games
- Weekly family meeting with extended family that rarely have time to see so often. Get some great insights about the pandemic in different areas, as well as family bonding, genealogy, family stories...
- It is a good opportunity to talk about "adaptation" and the value of change.
- Share highs and lows at dinner every night as a family
- Appreciation to flexible teachers who meet essential workers who aren't with kids during the day for meeting outside school hours and understand that schedule.
- Daily morning Zoom with grandparents, uncles, aunts, cousins

How do you enable your child to communicate their needs to teachers?

- Encouraging kids to send messages to teachers. Parents 'touch base' with teachers, as well.
- Kids and parents to be understanding of teachers being overwhelmed and often can't keep up with messages from students
- Email and private message (on Google Meet) teachers when having anxiety or needs extra time on assignments.
- Have child make appointments with school counselor weekly to discuss strategies on time management, planning
- Double down on getting the child to talk to the teacher. It's ALWAYS gone well once they work up the courage!
- Have the child attend teacher's office hours when they need help.
- Trying to get child to make the connection via email/chat/whatever system is in place
- Parent social is SUCH a good idea. Parent volunteers on zoom calls would be great too to foster community.

What IEP/504 accommodations have been the most useful during online learning?

- Not having camera on
- Additional time on work and tests
- Doing odds only on math homework
- Parent scribing for child (when it's not writing/language arts work)
- Child can type instead of write
- Child can use speech-to-text via Google classroom/Google docs
- Being excused from the virtual class once child "gets it" as deemed by the teacher
- Immersive reader in OneNote for help with reading

- Record online lectures so child can refer back to them when doing the assignments.
- Enable the text to speech feature on a Google Docs so that it will type out what teachers are saying during instruction
- Graph paper for math work
- [Handwriting without Tears paper](#) instead of regular handwriting paper (it has two blue lines instead of three lines)
- [Turn off seeing their own video image in Zoom](#) so the child can not see themselves ("Hide Self View").
- www.math-drills.com has grid supports for multiplication and long division