

FDLRS Heartland



Porent Services October To Sheet

Join us for our next virtual training:

Homework Tips and Test Anxiety

Friday, October 22, 11:30-12:30pm

Register at:
https://bit.ly/FDLRS-HW-Help

Five Homework Tips

1. Create a special space for homework.

2. Make a homework schedule. Set a time and add breaks.

3. Use a 'to do' homework folder and a 'done' folder for completed work. 4. Call in backup! Your child's teacher is a great connection.
They can tell you how to better assist.



5. Extra practice.
Create flash cards,
read together, do math
at the store.

Technology Tools



Photomath.com. Students take a picture of math problems and get step by step help.



Brainly.com. Mathematics, English, Biology, History. Ask questions, get answers.



Noredink.com. Practice skills and get tips for writing.







Hippocampus.org. Free

resources on many subjects for middle school-college level students.

Mathway.com. Students enter a math problem and get an answer.

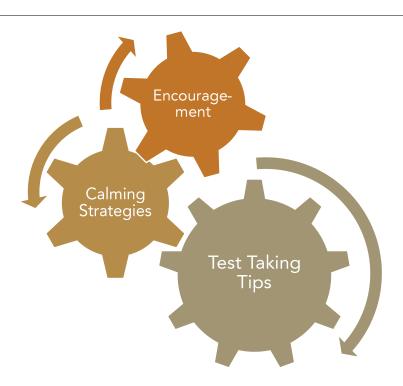
Khanacademy.org. Courses and lessons for extra practice.



FDLRS Heartland Center 1076 US Hwy 27 N, Lake Placid, FL 33852 863-531-0444 www.fdlrsheartland.org







Test Taking Tips

- 1. Answer the easiest questions first.
- 2. Cross out the answers you know are wrong.
- 3. Read all choices before selection an answer.
- 4. When given a passage to read, look at the questions before reading the passage.

Calming Strategies

- 1. Use breathing techniques like: balloon blowing, bubble, shoulder roll, tummy elephant.
- 2. Practice guided relaxation techniques.
- 3. Use fidgets, pop-its, sensory tools.

Encouragement

- 1. Make sure your child gets enough sleep the night before.
- 2. Provide a breakfast if you child does not eat the one provided at school.
- 3. Use phrases of praise to your child.
- 4. Be cognizant of the 5 to 1 positive to negative ratio.

FDLRS Heartland Parent Services: Rebecca Cox (863) 531-0444 ext. 232



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