



REPORT TO PARENTS

MANAGING VIRTUAL LEARNING STRESS

As schools conduct classes remotely, many children are forced to deal with what some call “Zoom fatigue.” Use these tips to help your child proactively be more engaged and manage fatigue.

Space Out Social Zooms: If you're planning a Zoom or video chat "hangout" for your child, make sure they're not back-to-back with class.

Take Outdoor Breaks: Getting your children outside relaxes their eyes and minds. Have them take a walk, ride their bikes, or just stare into space.

Consider "Cameras Off" Breaks: Choose a 5-minute window for your child to turn off the camera. Remember to ask the teacher if it's OK first.

Have Kids Make Their Lunch: Making a meal can give them a sense of control as they choose what to eat.

Teach Mindfulness Activities: This can increase social-emotional health and increase your child's ability to focus and be present.