



**TEDA**  
Global Academy

# **HOMESCHOOL**


## **SUGGESTIONS FOR PARENTS**

***Some tips for  
helping your child  
at home***



## **Create and Maintain a Daily Routine**

Continue to perform your regular daily routines such as time to wake up and have meals at the same time you usually would, take breaks, and maintain a routine sleep schedule. Writing out your plan and sharing it with your family would increase accountability. Help your child to do the same.





## **Take a Break and Connect with others**

It is important to have a few quiet minutes. Make sure to focus on your own emotions. Sometimes we fill up our minds with unhelpful thoughts and let it lead to creating more stress.

One way to break the pattern of chasing thoughts is to connect with others. Use Zoom, WeChat, and other tools to reach out to friends and family you trust and connect emotionally.

# **Maintain Exercise (try to stay physically active)**


There are many wellness apps and workout tips such as yoga, deep breathing technique, and meditation available on social media. Get outside and take a walk once a day and get some fresh air while maintaining social distancing. Finding ways to sustain daily exercise and commit to preparing healthy meals can help you maintain your physical health.



## **Laugh Together**

Laughing helps maintain healthy physical and emotional balance by reducing stress hormones, lowers blood pressure, and increases the circulation of antibodies in the bloodstream. It strengthens your immune system, and helps you release anger and stops distressing emotions.

Find funny TV shows to watch, share humor, or share memories you and your family have experienced together. Emotions are contagious and laughing together would strengthen the relationship of your family and friends.





## **Limit Social Media Exposure**



Stay up to date on essential updates in this time of need is necessary but taking breaks from media content and set appropriate limits can be beneficial, especially for children. Explore new hobbies with your children.

Try planting plants, working on a puzzle, playing board games, or art projects. Make a list of things you would like to do alone and with your family.

