

Report to PARENTS

Managing Virtual Learning Stress

As schools across the country are conducting schoolwork remotely, many children are forced to deal with what some call "Zoom fatigue." Whatever the virtual platform they use, maintaining focus, eliminating distractions, and coping with self-consciousness presents new challenges and takes its toll on students. Fortunately, there are ways you can help your child proactively be more engaged and manage this fatigue.

Space Out Social Zooms

Planning for additional social times for your child is important during this time. If you're planning a Zoom or video chat "hangout" for your child, make sure to not plan them back to back with a class.

Increase Socialization Time

If you don't feel comfortable allowing your child to see other kids in person right now, it's a great opportunity to do more intentional face-to-face socializing with family members. Have dinners, play outdoors together, go on walks, play board games, or just talk on the patio.

Take Outdoor Breaks

Getting your children outside relaxes their eyes and minds. You can tell them to take a walk around the block, ride their bikes for five minutes, or just stare off into space. Even if it's just to read, being outside can get them out of the sometimes unnatural feeling of Zoom.

Consider "Cameras Off" Breaks

Reach out to see if your teacher is OK with students to turn off their cameras during class, as this could help mitigate self-consciousness or anxiety your child might feel. Let your student choose a five-minute window when they might turn their camera off.

Share Feedback With Your School

Tell your school what works and what doesn't. Be open and transparent in a way that builds a respectful partnership.

Have Kids Make Their Lunch

If your child is in back-to-back classes, sometimes they need to engage a different part of their brain. Making a meal is a tactile activity that can help them

feel more connected to concrete objects and things. It also can give a sense of control as they choose what to eat.

Avoid Excessive Multitasking

Make sure students' physical space is not cluttered. Ensure they have the Zoom view on full screen to avoid pulling up other websites or online activities.

Build in "Brain Breaks"

Build in brain breaks during the day for your child and make sure they step away from the screen. A good rule of thumb is to look away from the screen for 20 seconds every 20 minutes. Brain breaks are crucial for students' focus and mental energy.

One-on-One Phone Calls

When possible, if your child feels overwhelmed with Zoom fatigue, try to work with the teacher to schedule one-on-one tutoring or office hours via phone instead of video.

Teach Your Child Mindfulness Activities

Working on social-emotional skills and mindfulness can limit the amount of multi-tasking your child does, increase social-emotional health, and increase their ability to focus and be present.

Content courtesy of Possip, Inc.

Web Resources:

- **Possip**, a parent-school engagement platform: [possip.com](https://www.possip.com)
- A **Mindfulness Activity** from Move this World: bit.ly/32yJj6c

