

SPRING BREAK

Ideas and Tips

Put School Away

Clean up the classroom area and disconnect from school during break.

Plan Virtual Trips

Check out this [link](#) for a list of virtual activities and field trips.



Take a virtual trip to [Disney](#)!

Keep a Routine

Encourage your kids (and yourself) to continue to wake up and go to bed at "normal" times. Use a family calendar to keep track of the days.



Think: "Flexible structure."

Virtual Social Activities

Plan virtual play dates for young kids. Encourage older kids to find ways to connect with their friends besides texting.

Transitioning Back to School

Ease the transition by communicating clearly and setting expectations.



Set up the "classroom" the night before.



Gather any supplies needed.



Reduce demands on the first day back.



Be consistent and get back into a rhythm.