



## What Supports Do I Need as a Learning Coach

**Reflection as you develop your action plan (adapted from “6 Ways Parents Can Deal With The Anxiety Of Remote Learning ... Again”) [https://www.huffpost.com/entry/parents-deal-anxiety-remote-learning\\_l\\_5f108b0ac5b6cec246bff21c](https://www.huffpost.com/entry/parents-deal-anxiety-remote-learning_l_5f108b0ac5b6cec246bff21c)**

- 1) Take time to acknowledge your own feelings about the remote learning experience from this past school year- Think of it as emotional prep work for what is to come.
- 2) Write down everything that did work- jotting down the positives can help shift your mindset, so you're not just heading into the new school year filled with dread. That's not only important for you, but also because kids follow our example.
- 3) Write down a hypothetical plan- It's about facing the challenges head-on rather than waiting for them to pull you under again.
- 4) Scrap the notion of a typical weekday- grant yourself and your kids permission to abandon “normal” schedules once and for all
- 5) Think about the resources available to you now that weren't there in the spring- Think about how you might supplement the gaps in your kid's days and care, so it doesn't all fall squarely on you
- 6) Lessons learned