Schools have closed. Many leaders have told people to stay at home. Everyone is trying to stop the spread of the coronavirus.
This is a confusing time. Being at home can be fun, but it can also be lonely. We miss hanging out with friends. Feeling different emotions right now is normal.
School buildings may be closed, but your teachers still want you to learn. That means you will be doing schoolwork at home. This is called remote learning.
Remote learning can mean different things. Your teachers will let you know what you are expected to do.
You might have class online. That means you will log in using a computer or mobile device. You will be able to talk to your teachers and classmates this way.
You might get assignments to complete at home and send back. This may feel more like homework. Take time to focus on each assignment. Do your best work.
Your teachers are still here to help you. They may have office hours where you can check in online. Emailing them is another good way to ask for help.
Ask an adult in your home to help you set up a place to do your work. Make sure it is a place where you can focus. Gather the supplies you need. Family members or caregivers can help answer questions about assignments too.
Plan to spend some time each day reading. This will help keep your mind active. You might have books at home to read. There are articles and books online too.
This is a tough time for everyone. Teachers and students are all figuring out how to make remote learning work. It’s okay to ask questions. Share how you are feeling with your teachers and family.
Plan to spend time each day working just like you would at school. Do your best. Remember, this is not forever. Schools will open again when the virus is under control. You will be ready for that day by doing your schoolwork at home now.