

Use these helpful tips as you navigate distance learning with *myWorld Interactive*.

- ### 1 Designate a Learning Space

Set up a dedicated learning space for your child. Minimize distractions, gather needed supplies, and ensure you have a reliable Internet connection.
- ### 2 Establish a Daily Routine

Create a daily routine with a consistent wake-up time and learning schedule. Wake up...shower...eat breakfast...go to school! Don't teach—help your child understand.
- ### 3 Set Clear Learning Expectations

Help your child develop good habits from the start. Read the Letter to Parents that outlines Savvas Realize. Encourage your child to be a self-directed learner by creating a weekly “to-do” list to track progress. This will help your child own his or her learning and instill a sense of accomplishment.
- ### 4 Frequent Check-Ins

Check in with your child on a regular basis. Ask questions about assignments to track his or her progress. Acknowledge any anxieties and fears and encourage communication. Access resources on [mySavvasTraining.com](https://www.savvas.com/mySavvasTraining.com) to learn more about *myWorld Interactive* to support your child.
- ### 5 Communicate with Teachers

Reach out to your child's teachers about distance learning expectations. Ask for assistance and clarifications. Teachers are there for you, too! Use your child's [Savvas Realize™](#) log-in to see *myWorld Interactive* content and assignments.
- ### 6 Take a Break

Encourage your child to take breaks between assignments. Have your child use breaks in the day to stretch, hydrate, and exercise. Ask your child to explore something he or she is passionate about. Movement and brain breaks increase motivation and work quality!
- ### 7 Practice Mindfulness

When emotions run high, have your child take a mindful moment by closing his or her eyes and taking a few deep breaths. Be patient. Encourage your child to share his or her feelings. Allow time for you and your child to adjust to the new learning format.