Belvidere High School's
Family Survival Guide to Virtual Learning

1. Treat each day as if everyone in the household has to go to work or school. Wake up, eat breakfast, put on some shoes!

2. Treat school the same as you would treat a job.

3. Work at a designated area that keeps you sitting/or standing. Have your Chromebook, textbooks, notebooks, pen, pencil, highlighters, and any school supplies nearby.
   a. Do not work while sitting in bed!

4. Everyone in the household should minimize the noise they make, wear headphones, work in separate areas of the house.
   a. ALL household members' work is important. If you would not interrupt someone while they were in an important meeting while they were physically at their job, you should not interrupt them while they are working from home.
   b. Do not distract each other.
   c. Remember that everyone is working from home for a reason, not because they took a day off.

5. Move between class periods, just like you would between classes if you were in the school building. Stretch, walk up and down stairs, do jumping jacks, push-ups, or anything else to engage your muscles and spread oxygen through the body.

6. Minimize distractions!

7. Turn off all TV's, cell phones, and other devices so that you are not distracted and they are not drawing on the household Wi-Fi.