



# E-LEARNING SUCCESS TIPS



## GET ON A SCHEDULE

The brain thrives on predictable patterns-Set a time schedule or simply order daily events (first, next, then...).

[Sample routines & schedules.](#)



## CREATE A HOME LEARNING ROUTINE

This routine is like a smaller schedule, but with embedded rituals that help increase connection and reduce brain drag.

[Read more about learning routines & brain breaks.](#)



## PROVIDE OPPORTUNITIES FOR SUCCESS

Mastery triggers the brain to release feel-good chemicals. If children aren't having success with their learning, scale back and provide more opportunities where they're likely to succeed



## PIVOT TO A NEW POINT OF VIEW

When frustrated over academic content or children's behavior, one strategy that can help is pivoting. When we pivot, we consciously shift from what we don't want, to what we do want.

Read [more!](#)



## HIT THE PAUSE BUTTON

If your children are throwing fits, pulling out their hair and regressing due to stress, their brains aren't able to absorb information. Pull back and focus on the basics: Safety and connection



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