



Learning with children at home

Set regular study times



- 2-3 hours per day in the morning
Between breakfast and lunch to maintain
the school routine
- No pyjamas!

Schedule breaks



- Take a short breaks after 30 - 45
minutes
- Take a longer break after 1.5 hours
- Drawing and listening to audiobooks

Do not overdo it



- This situation is easy for no one. Enough is
better than too much!
- Avoid stress: Assign your children small
and simple tasks to give them a sense of
achievement
- Sometimes it just does not work, then treat
them and yourself to a break and continue
as planned the next day
- Make use of the online services. Children
like to practice and learn through play

Exercise



- Use breaks to do some gymnastics:
skipping, jumping jacks, crawling etc.
- Go outside and do some climbing or
running

Practice important subjects like German and Maths every day



- Fill in the worksheets you receive
from teachers
- Practice the times table (e.g. when
playing ball) or other simple lessons
- Read for half an hour alone and/or to
your parents
- Write a small dictation or copy a
short text
- Write a short text (e.g. a proverb or a
very short poem) in your best
handwriting

Fresh air



- Regularly ventilate all rooms
- Play outside every day for a few hours
(play with marbles or small stones,
collect things, study plants etc.)

Keep in touch with others



- Talk to other parents
- Let the children talk to each other
on the phone
- Contact your child's teachers
about learning difficulties or if you
have questions