



BACK TO SCHOOL
@ ONLINE @

A Parent Guide to Starting the School Year Virtually

FCPS Behavior Intervention Services

Priming Tools

- visual routines
- checklists
- social scripts



Priming helps:

- promote success
- provide predictability
- reduce frustration

Preparing for Virtual Routines: Priming

Priming is a strategy to help students preview situations before they occur and helps events become more predictable.

- Some students, who need routine and predictability, are more successful when they are prepared.
- Priming is most effective when it is built in as a part of the student's routine.
- Previewing upcoming activities and deadlines using priming tools such as schedules and checklists supports behavioral and academic success of students.
- Priming can be paired with positive reinforcement for school and home routines.

I have school from home on:
(circle days that apply)

Monday Tuesday Wednesday Thursday Friday

- **I will see other kids in my class on the computer.**
- **I will do my work on the computer.**
- **I will set up my learning space at home with my supplies.**

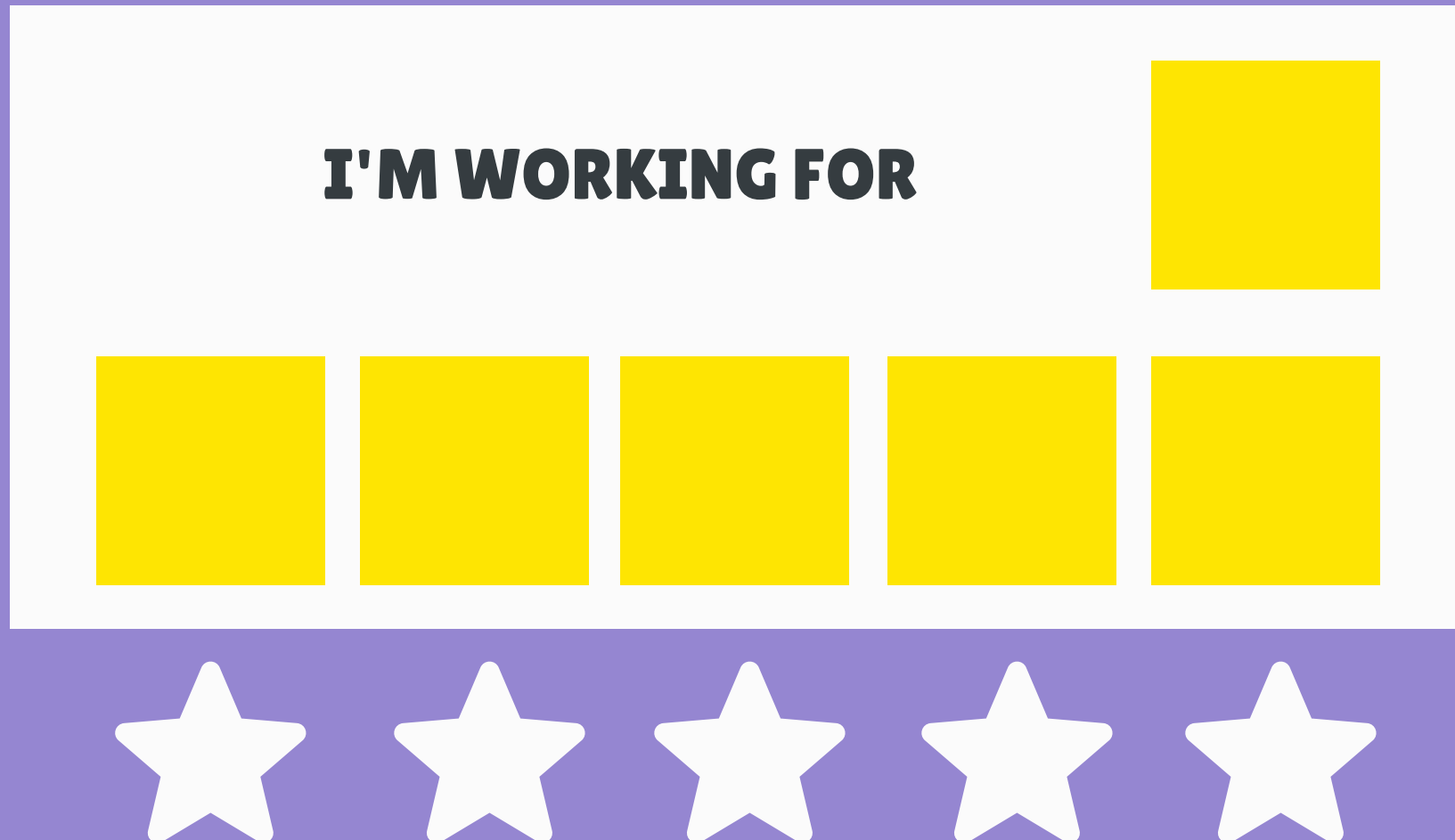


Positive Reinforcement and Priming

Use of expectation charts or token boards can be paired with priming to reinforce appropriate behavior when your child follows routines and expectations.

Check out this video to learn how to use a token board like the one below

[Token Board Demo](#)



Weekly Goals Chart

MY NAME IS

WEEKLY GOALS

MON

TUES

WED

THURS

FRI

I'M WORKING FOR

Simple Steps to Prepare Your Virtual Learning Environment

1. **Identify a Space:** Find a location in your home that has minimal distractions.
2. **Gather Materials:** Gather pencils, pens, folders, notebooks, etc. that your child may need.
3. **Turn off the T.V. and Mute Phone:** Television and cell phones can disrupt the learning environment.
4. **Use a Daily Schedule and To Do List:** The use of a visual schedule throughout the day may help increase participation in activities and reduce anxiety. For example, the day can be divided into smaller sections or tasks.
5. **Establish a Routine:** Identify blocks of time for homework and asynchronous assignments to be completed. Pictures may be used for younger students.
6. **Use a timer:** During instruction, provide a timer as a visual to show the length of online class, time to complete a task, transitions from one activity to another, and breaks.



MY SCHEDULE

NOTES:

[illegible]

The Importance of a Good Night's Sleep

Rest is a basic need. Getting enough sleep each night not only helps a child feel better emotionally, but it also allows them to be available for their learning so they can continue to grow and thrive.

How Much Sleep Is Enough?

Sleep guidelines from the American Academy of Sleep Medicine:

- **Ages 1-2 years** = 11 to 14 hours, including naps
- **Ages 3-5 years** = 10 to 13 hours, including naps
- **Ages 6-12 years** = 9 to 12 hours



Sleep and Wake Times

Have your child's sleep and wake times shifted during the summer?

- Consider **gradually** shifting the times by a few minutes each night and morning to prepare them for a school schedule.
- Move up their bedtime by **5 to 10 minutes** each night over the course of multiple nights until you reach the desired time.
- This allows their body to adjust to the new sleep and wake times gradually.



BEDTIME ROUTINE

TO-DO'S BEFORE BED TIME



	S	M	T	W	T	F	S
Wear bedtime clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash face	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lights out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I'M WORKING FOR: