



Calvary
LUTHERAN CHURCH + SCHOOL



Creating a Home Study Space

Your child needs a calm and quiet study space in which he or she can work each school day. This space should ideally have natural lighting and remove your child from natural distractions in the home such as television, video games, and phones. If you have a spare room or office, you can create an excellent quiet space. If you don't have an extra room, consider moving furniture or bookshelves to create a quiet space for study removed from the many distractions of daily living.

1. Create a Well-Lighted Space with a Comfortable Work Surface and Chair

2. Create a Well-Organized Space

A well-organized study space promotes focus. Guide your child to keep materials organized and in their proper place as well as cleaning up the study space at the end of each school day. Have a specific place for a laptop or device, textbooks and materials, water bottle, etc.

3. Personalize your Child's Study Space

You can help create a positive space by decorating a study space with objects and images that your child enjoys. In this way, your child will see his or her study space in a more positive way. Your child's study space should be positive and stimulating without being distracting.

4. Remove Distractions from the Study Space

- TV
- Video Games
- Phones – If your child has a phone, secure it during the school day and let your child use it at breaks or after the school day ends.

5. Use Quiet Ambient Noise

Students may want to listen to music; however, lyrics may often distract your child's focus even if he or she does not think this is the case. Consider using ambient noise like ocean waves or forest sounds from a smart device or use quiet classical or instrumental music in the background.

6. Create Reading Zone Within the Study Space

For most students, reading is a large part of schoolwork and study time. Consider your child's reading style. Perhaps your child would enjoy a comfortable reading chair, floor cushions, or a beanbag along with a reading light.

7. Only Use the Study Space for Schooling and Study

Your child's brain will associate the study space with school and schoolwork as long as that is all that he or she does in the study space. Don't use the study space for gaming, tv viewing, etc. In this way, when your child enters his or her study space, the brain will move into a schoolwork mode.

8. Monitor Your Child During the School Day

If you have a younger child, pre-kindergarten through grade 2, you will be likely be logging in to Google Classroom with your child and starting him or her on each daily lesson or activity. If you have an older child is in a spare room, keep the door open during the day. Regardless of where your child's study space is located, regularly check in to see that your child is on-task. See if your child has any questions or needs assistance. Your attention and prompts will help to keep your child on task. If your child struggles in staying on task, give him or her a specific time to complete a lesson or task. You might even use a timer to help your child remain focused.