



Learning from home during Covid-19 (Coronavirus)

Information for children and young people



This is an info guide about learning from home during Covid-19.

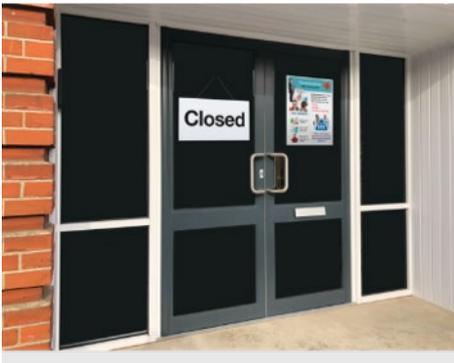
Covid-19 is also called Coronavirus.

This guide is for children and young people with a disability.



Information in this guide comes from the Australian Coalition for Inclusive Education.

Coalition means a group of organisations working together.



Your school might be closed because of Covid-19.

This means you will do school work from home.



Your school must make sure you get the help you need.



Learning from home

Learning from home is different to learning at school.

It can be harder.

Do what work you can do.

Do not get upset if you cannot do as much as you do at school.

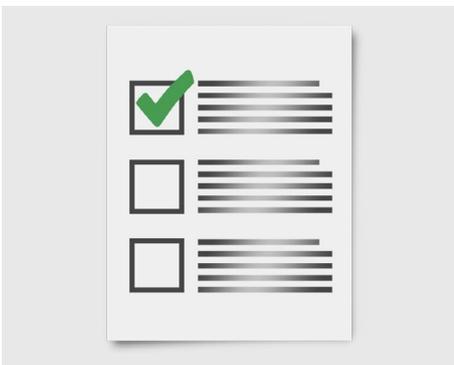
Be kind to yourself and your family.



How to do your school work from home

Ask your teachers how often they will be in touch with you.

Ask them how they will contact you. This could be by email, phone or Google classroom.



Make sure you know what work needs to be done and when it needs to be finished.



Find a way to do your school work at home that works for you

Everyone has their own way of learning that works best for them.

You can use your school timetable to plan your day.



Switch between learning for school and other things like gardening or drawing.

Some people learn better if they have lots of breaks.

Some people like to work for longer amounts of time.

Think about what works well for you.



Keep on learning

Talk to your parents or teacher about how learning from home is going.

Most people have not learnt from home before.

It can be hard to get used to.



Think about what you like about learning from home.

Think about what could be better.



How can I get help if I feel sad or unhappy?

It can be hard not being able to go to school or see your friends.



Ask for help if you are worried or feel sad.

You can talk to

- Your parents or someone else in your family
- Your friends
- Your teacher



You can talk to a counsellor at Kids Helpline.

You can call them on **1800 55 1800**.



Council for Intellectual Disability has easy read information about looking after your mental health.

Go to: www.cid.org.au/covid-19/#info



What else can I do while I am at home?

As well as doing school work and using the internet there are other things you can do at home.



Here are some ideas

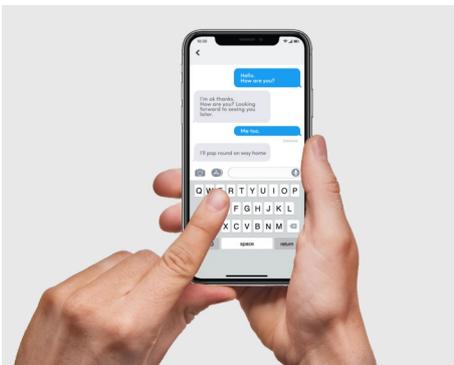
- Read books
- Dance
- Do drawings or paintings
- Learn to cook
- Listen to music or make your own music
- Play board games
- Exercise
- Make an obstacle course
- Plant seeds and look after your plants
- Learn to knit or sew





How can I keep in touch with people that I do not live with?

Because of Covid-19 you cannot meet up with people outside your house.

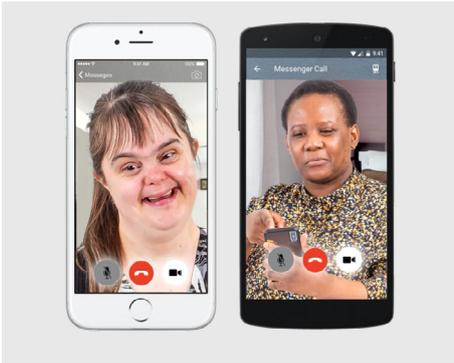


Staying in touch with your friends and other people is important.

- Text, call or email family and friends
You might do this more often than you would normally do.
- Keep in contact using social media like Facebook or Instagram
- Talk to your neighbours over the fence or from the balcony



Make plans for the future when you can meet again.

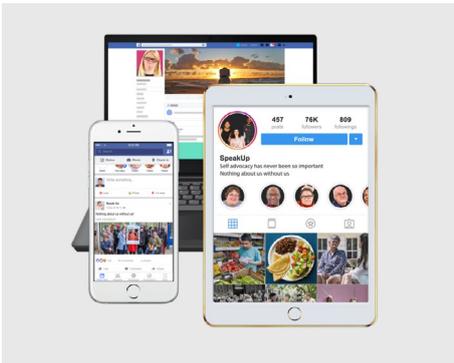


Ways to connect by phone or online

There are a lot of different ways you can talk to your friends and family.

Some of them are

- Facetime
- Whatsapp
- Skype
- Google hangouts
- Zoom
- Seesaw
- Social media like Facebook, Instagram or Twitter



Inclusion Australia

acting locally - representing nationally - connecting globally