

Do's and Don'ts of Behavior in Distance Learning: COVID-19

Distance learning comes with many things to consider regarding how to best educate and support each student. Specific to behavior, below are some suggested DOs and DON'Ts to use as a guide during distance learning.

DO

- Know your district guidance regarding distance learning and assignments during COVID-19
- Establish multiple options for open communication with families (e.g., phone, email, Class Dojo, etc)
- Establish realistic norms/expectations for distance learning
- Communicate norms/expectations with families
- Communicate regularly with families to provide support as needed and inform assignments/instructional lessons
- Determine potential barriers for students/families during distance learning
- Focus initially on encouraging student participation in distance learning (**Examples:** make learning fun, practice basic responding and participation skills, practice known skills)
- Utilize reinforcement during distance learning; consider the student's preferences to establish motivation
- Acknowledge that these are difficult circumstances.
- Be kind to yourself right now, do the best you can. Engage in self-care.
- Contact your SESTA Behavioral Coordinator if you have questions or would like additional support.
<https://idahosesta.org/Home>

DON'T

- Be too hard on yourself
- Expect all students and families to participate at the same level
- Wait for families to reach out for support
- Introduce new learning targets initially. Regression may occur during this time.
- Forget to adhere to your district policies and expectations specific to COVID-19 distance learning
- Do this alone, and try not to be overwhelmed! There are a variety of resources and supports available.
<https://idahotc.com/COVID19>
- Hesitate to reach out for help. Idaho SESTA is here to support you! <https://idahosesta.org/Home>

Click [here](#) to submit a ticket through the Help Desk.