

An illustration of a woman with dark hair, wearing an orange sweater and dark pants, sitting on a blue office chair and working on a laptop. A young child with dark hair, wearing an orange shirt and dark pants, is sitting on the floor next to her, reading a book. A large orange cat is lying down behind the child. In the background, there is a purple envelope icon and a purple cake icon. A dashed line with a red dot at the end is also visible.

Modifying the  
Home  
Environment

# Home-Based Learning

# Work Table

- Arrange **distinct areas** in the house so that children understand which activities will occur in each space
  - Work Table, Relax Area, Reading Corner



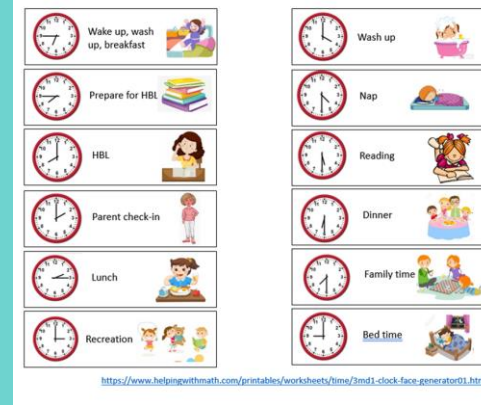
- Get work table ready together with the child **before** the start of HBL every day

# Arranging a Work Table

1. Face the table towards the wall – away from distractions
2. Have schedule in sight
3. Keep table simple and neat – have only a few stationery items
4. Work flows from Left to Right, from In-tray to Out-tray



# Schedules & Checklists

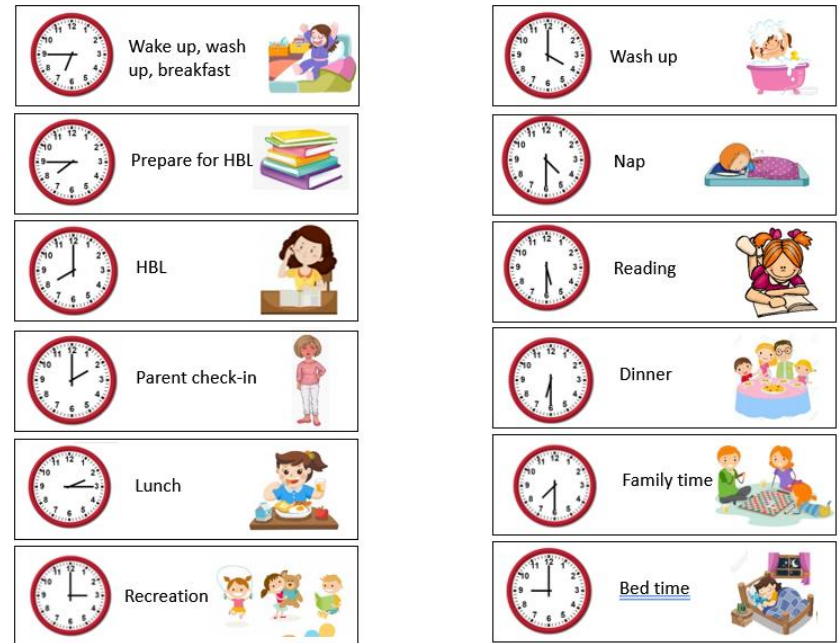


- Schedules encourage children to be **independent and responsible**.
- Schedules let them know what will happen throughout the day. This keeps their **minds and bodies engaged**.
- To avoid having them feeling slouchy, change them out of their sleepwear (e.g., **wear their school-related attire**).
- Give them some responsibilities at home. For example, **simple roles** like wiping the table and folding clothes.

# Building a Schedule

## Points to consider:

1. Have a consistent wake up and sleep timing
2. Have a consistent workspace and timing for HBL
3. Work with them on a list of activities they can do if they complete their HBL *early*
4. Provide hobby, rest, and exercise time
5. Have check-in and bonding time with them



<https://www.helpingwithmath.com/printables/worksheets/time/3md1-clock-face-generator01.htm>

## Examples:

Wake up routine	<u>Meal time</u> routine	HBL routine	Play time routine	Bedtime routine
1) Wake up 2) Brush teeth 3) Make bed 4) Breakfast	1) Wash hands 2) Set up table 3) Meal time 4) Bring used cutlery to sink 5) Wash up	1) Get a copy of HBL schedule 2) Set up In-tray 3) Set up computer 4) Follow HBL schedule 5) Get parent to check work	1) Choose one leisure activity to engage in 2) Play 3) Pack up after 20 minutes 4) Wash hands	1) Shower 2) Brush teeth 3) Bedtime story 4) Sleep